



Dementia Long-term Care
Basic Training E-Learning System

The basics of understanding and supporting people with dementia

えいごばん
英語版

認知症介護研究・研修仙台センター

認知症の人を知ることと手伝えるときに大切なこと

The basics of understanding and supporting people with dementia

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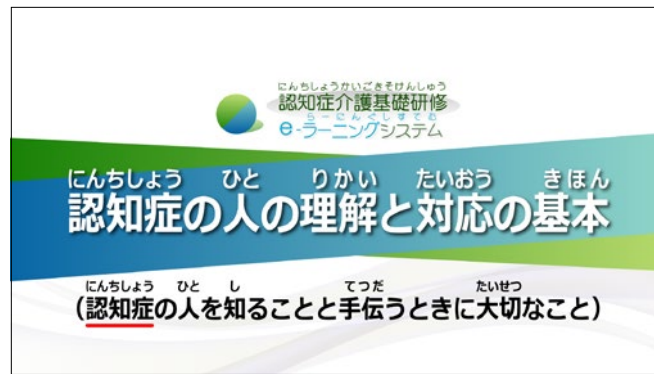
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- The basics of understanding and supporting people with dementia

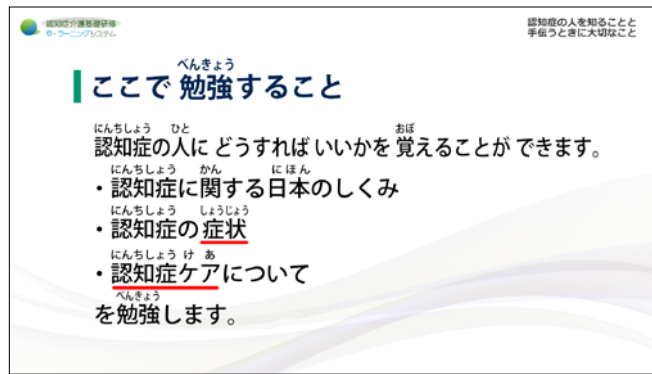
Purposes of the training course



<small>にんちしょうかいごきそけんしゅういーらーにんぐしすてむ</small> 認知症介護基礎研修 e-ラーニングシステム	Dementia Long-term Care Basic Training E-Learning System
<small>にんちしょう ひと りかい たいおう きほん</small> 認知症の人の理解と対応の基本 <small>にんちしょう ひと し てつだ たいせつ</small> (認知症の人を知ることと手伝えるときに大切なこと)	The basics of understanding and supporting people with dementia

Narration

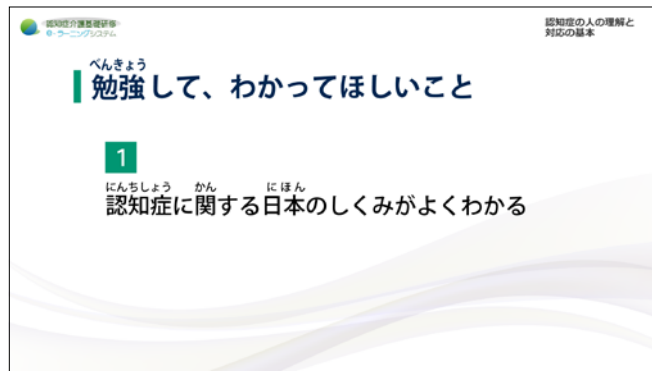
We are going to learn about “The basics of understanding and supporting people with dementia”.
 First, I will explain the purposes of this course.



<p>ここで ^{べんきょう}勉強すること</p>	<p>The purposes of this course</p>
<p>認知症の人に どうすれば いいかを ^{おぼ}覚えることができます。</p> <ul style="list-style-type: none"> 認知症に関する 日本のしくみ 認知症の <u>症状</u> 認知症 <u>ケア</u>について <p>を勉強します。</p>	<p>Learn the basics about the situations and symptoms related to people with dementia and acquire knowledge about the basic techniques of dementia care and the actual support methods based on these techniques.</p>

Narration

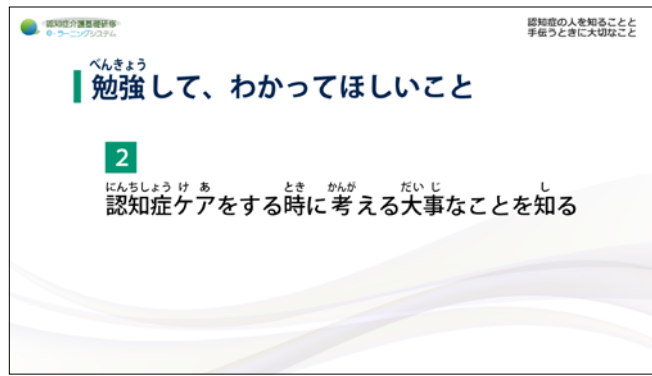
The purposes of this course are to learn the basics about the situations and symptoms related to people with dementia, and to acquire knowledge about the basic techniques of dementia care and the actual support methods based on the techniques.



<p>勉強して、わかってほしいこと</p>	<p>Attainment Targets</p>
<p>1 認知症に関する 日本のしくみがよくわかる</p>	<p>1. Learners can understand the situations of people with dementia and explain their understanding briefly.</p>

Narration

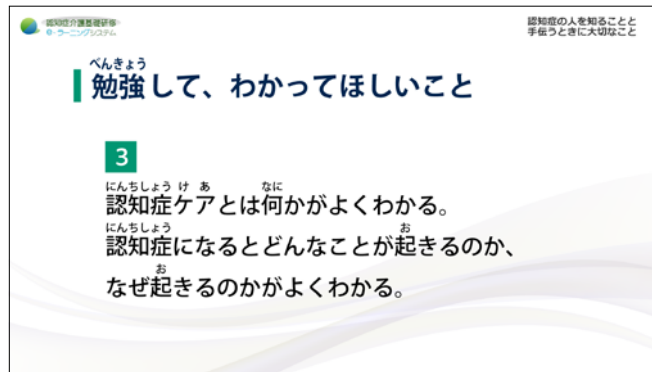
The goals of this course are:
 Firstly, learners are able to understand the current situations of people with dementia and able to explain their understanding briefly.



<p>べんきょう 勉強して、わかってほしいこと</p>	<p>Attainment Targets</p>
<p>2 認知症ケアをする時に考える大事なことを知る</p>	<p>2. Learners can understand the basic mindset needed when providing specific dementia care, explain their understanding, and give examples.</p>

Narration

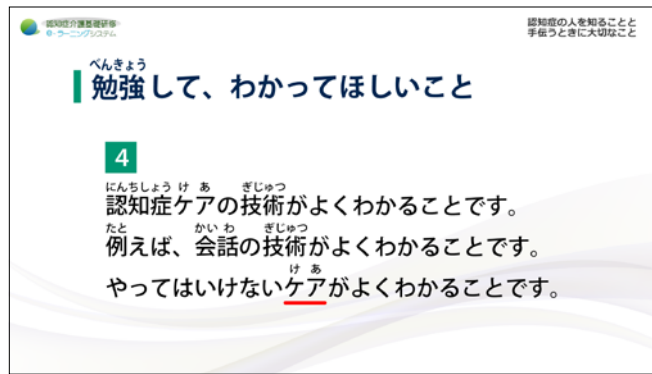
Secondly, learners are to be able to understand the basic mindset required when providing specific dementia care, and able to explain and give example of their understanding.



<p>べんきょう 勉強して、わかってほしいこと</p>	<p>Attainment Targets</p>
<p>3 認知症とは何かがよくわかる。 認知症になるとどんなことが起きるのか、なぜ起きるのかがよくわかる。</p>	<p>3. Learners can acquire the basic knowledge necessary to understand people with dementia and give detailed examples of the symptoms and influencing factors.</p>

Narration

Thirdly, learners are able acquire the basic knowledge necessary to understand people with dementia, and able to give detailed examples of their symptoms and influencing factors.

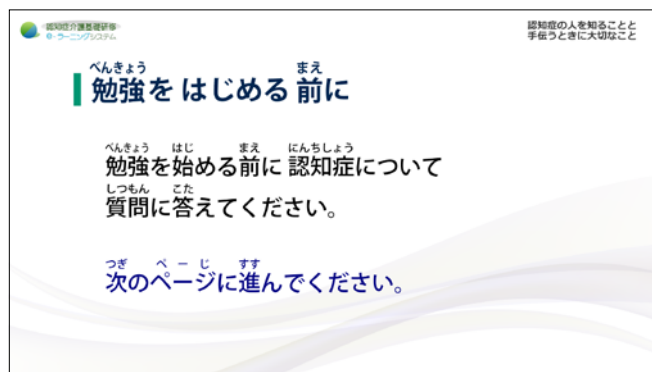


<p>べんきょう 勉強して、わかってほしいこと</p>	<p>Attainment Targets</p>
<p>4 <small>にんちしょう けあ ぎじゆつ</small> 認知症ケアの技術がよくわかることです。 <small>たと</small> 例えば、 <small>かいわ ぎじゆつ</small> 会話の技術がよくわかることです。 <small>けあ</small> やっではいけないケアがよくわかることです。</p>	<p>4. Learners can acquire knowledge of, and give detailed examples of, basic techniques in dementia care, such as basic communication methods with people with dementia, improper care and how to avoid it, as well as care methods based on the understanding of behavioral and psychological symptoms of dementia (BPSD).</p>

Narration

Lastly, learners are able to acquire the knowledge and give detailed examples of basic techniques in dementia care, such as basic communication methods with people with dementia, inappropriate care and how to avoid it, as well as care methods based on an understanding of behavioral and psychological symptoms of dementia (BPSD).

Now, let's try to achieve the above goals.

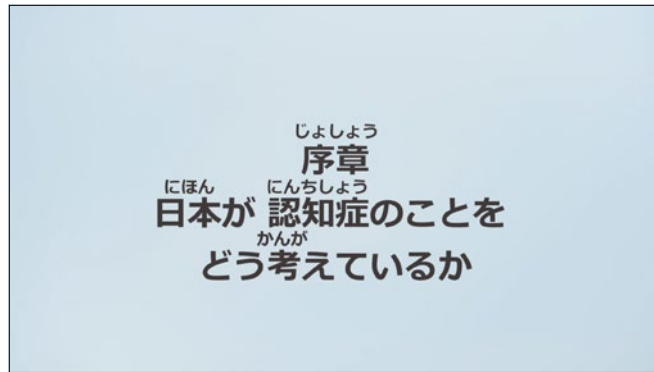


<p>べんきょう まえ 勉強をはじめる前に</p>	<p>Check Your Knowledge</p>
<p>べんきょう はじ まえ にんちしょう しつもん こた 勉強をはじめる前に 認知症について 質問に答えてくださ い。</p>	<p>Before we start learning, let's check your knowledge about dementia and dementia care.</p>
<p>つぎ ページ すす 次のページに進んでください。</p>	<p>Answer the questions on the next page.</p>

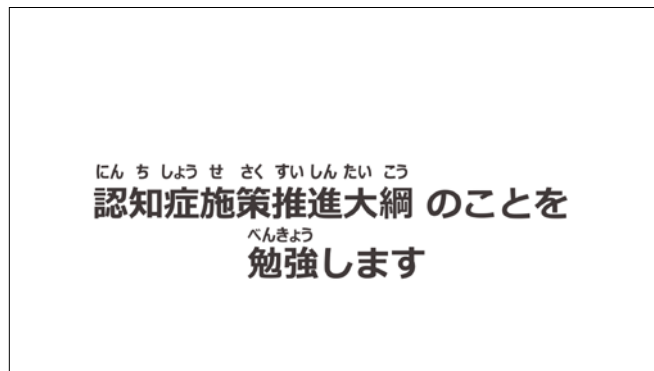
Narration

Before we start learning, let's check your knowledge about dementia and dementia care. Answer the questions on the next page.

Framework for Promoting Dementia Care



序章	Introduction
日本が認知症のことをどう考えているか	Current status of dementia



認知症施策推進大綱のことを勉強します	<u>Framework for Promoting Dementia Care</u>
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Narration

First of all, I would like to introduce the outline of the Framework for Promoting Dementia Care as the current situation of dementia. Understanding the national perspectives and directions regarding dementia is extremely important when considering dementia care.

Glossary

Framework for Promoting Dementia Care : Framework for Promoting Dementia Care is a national policy for dementia decided by the Japanese government in 2019.



<p>いま せかい にんちしょう ひと ふ 今、世界中で認知症の人が増えています。 いろいろな国で認知症のことを考えています。</p>	<p>The increase in the number of people with dementia due to the population aging is becoming a worldwide challenge</p>
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Narration

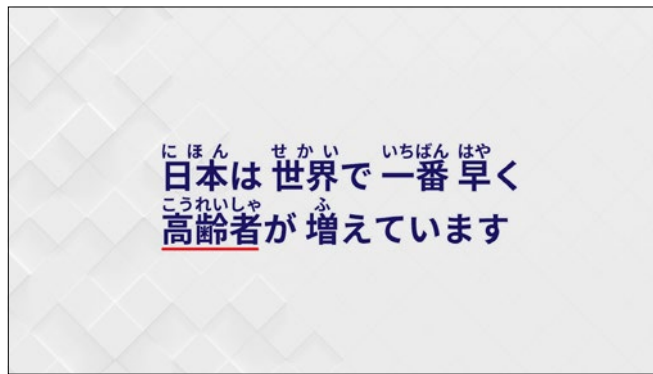
Nowadays, the increasing number of people with dementia due to the population aging is becoming a worldwide challenge.



<p>いギリス イギリス</p>	<p>United Kingdom</p>
<p>こっかにんちしょうせんりやく 「国家認知症戦略」</p>	<p>"National Dementia Strategy"</p>
<p>あめりか アメリカ</p>	<p>United States</p>
<p>こっかあるつはいまーけいかく 「国家アルツハイマー計画」</p>	<p>"National Plan to Address Alzheimer's Disease"</p>

Narration

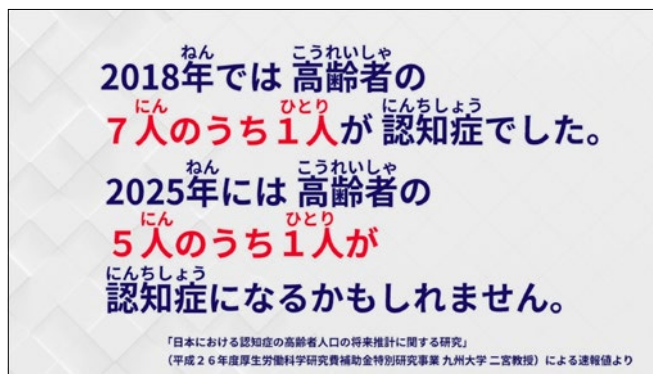
National efforts are being made, such as the "National Dementia Strategy" of the United Kingdom and the "National Plan to Address Alzheimer's Disease" of the United States.



にほん せかい いちばん はや こうれいしゃ ふ 日本は 世界で 一番 早く 高齢者が増えています	In Japan, which has the world's fastest aging population
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Narration

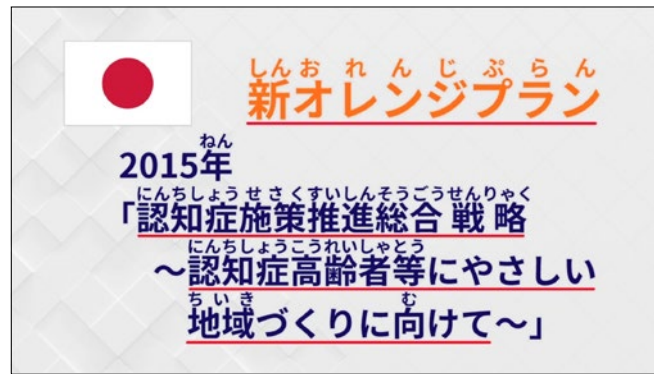
In Japan, which has the world's fastest aging population,



2018年では 高齢者の 7人のうち 1人が 認知症でした。 2025年では 高齢者の 5人のうち 1人が 認知症に なるかも しれません。	One out of every seven elderly people had dementia in 2018, and it is forecasted that one out of every five elderly people will have dementia by 2025.
「日本における認知症の高齢者人口の将来推計に関する けんきゅう 研究」 (平成26年厚生労働科学研究費補助金特別研究事業 九州 大学二宮教授) による速報値より	Source: "Research on the future estimation of the elderly population with dementia in Japan" (Special Research Project for Health Sciences Grant-in-Aid for Scientific Research 2014 by professor Ninomiya of Kyushu University)

Narration

one out of every seven elderly people had dementia in 2018, and it is forecasted that one out of every five elderly people will have dementia by 2025.



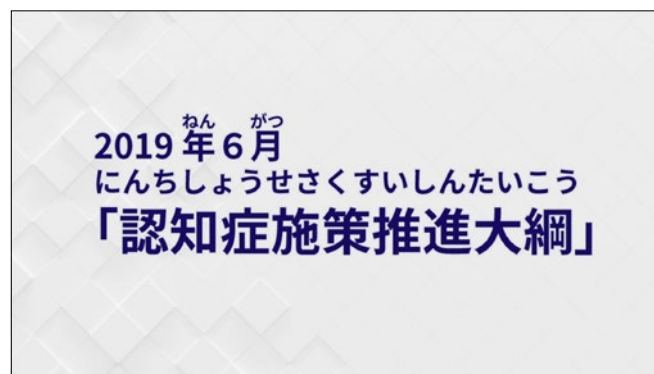
しんおれんじぶらん 新オレンジプラン	<u>The New Orange Plan</u>
2015年 「認知症施策推進総合戦略～認知症高齢者等にやさしい地域づくりに向けて～」	In 2015, " <u>Comprehensive Strategy to Accelerate Dementia Measures — Towards the Development of Dementia-friendly Communities</u> "

Narration

Therefore, since 2015, the "Comprehensive Strategy to Accelerate Dementia Measures - Towards the Development of Dementia-friendly Communities", also known as the New Orange Plan, has been formulated and promoted.

Glossary

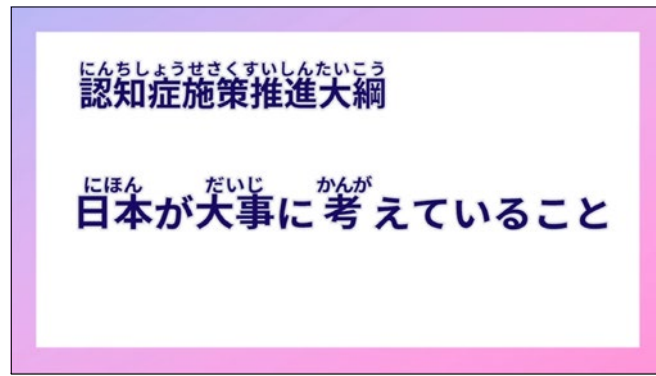
The New Orange Plan : The New Orange Plan is a national policy on dementia decided by the Japanese government in 2015.
 Comprehensive Strategy to Accelerate Dementia Measures — Towards the Development of Dementia-friendly Communities : The Comprehensive Strategy to Accelerate Dementia Measures is a national policy for dementia decided by the Japanese government in 2015.



2019年6月 「認知症施策推進大綱」	June 2019 : "Framework for Promoting Dementia Care"
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Narration

Then, in June 2019, the new "Framework for Promoting Dementia Care" was compiled by the Ministerial Council. Now, let's take a look at the overview of this Framework.



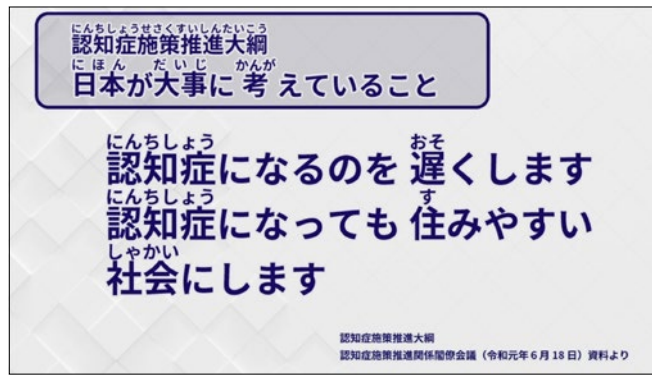
にんちしょうせさくすいしんたいこう 認知症施策推進大綱	Framework for Promoting Dementia Care
にほん だいじ かんが 日本が大事に考えていること	The Basic Idea



にんちしょうせさくすいしんたいこう 認知症施策推進大綱	にほん だいじ かんが 日本が大事に考えていること	Framework for Promoting Dementia Care The Basic Idea
にんちしょう 認知症は みんながなる びょうき 病気かもしれない		Dementia can happen to anyone
にんちしょうせさくすいしんたいこう 認知症施策推進大綱	にんちしょうせさくすいしんかんけいかくりょうかいぎ 認知症施策推進関係閣僚会議 (2019年6月18日) 資料より	Framework for Promoting Dementia Care: From the materials of the Ministerial Council on Promotion of Policies for Dementia Care (June 18, 2019)

Narration

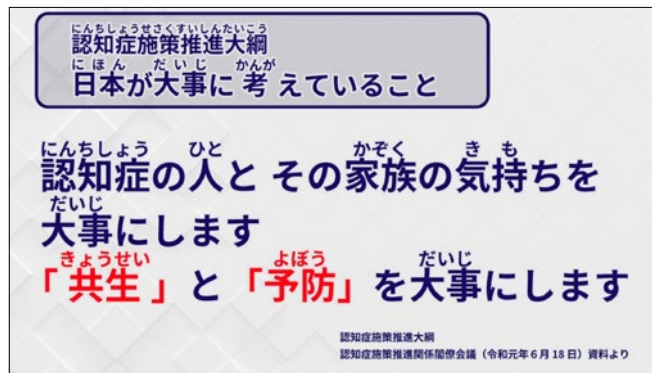
Dementia can happen to anyone. It has become a disease familiar to many people because of many reasons including the fact that their family members and people they are close to may suffer from dementia.



認知症施策推進大綱 日本が大事に考えていること	Framework for Promoting Dementia Care The Basic Idea
認知症になるのを遅くします 認知症になっても住みやすい社会にします	Aim to delay the onset of dementia and create a society where people can optimistically live even if they have dementia
認知症施策推進大綱 認知症施策推進関係閣僚会議 (2019年6月18日) 資料より	Framework for Promoting Dementia Care: From the materials of the Ministerial Council on Promotion of Policies for Dementia Care (June 18, 2019)

Narration

Therefore, the goal is to delay the onset of dementia and create a society where people can live optimistically even if they have dementia.

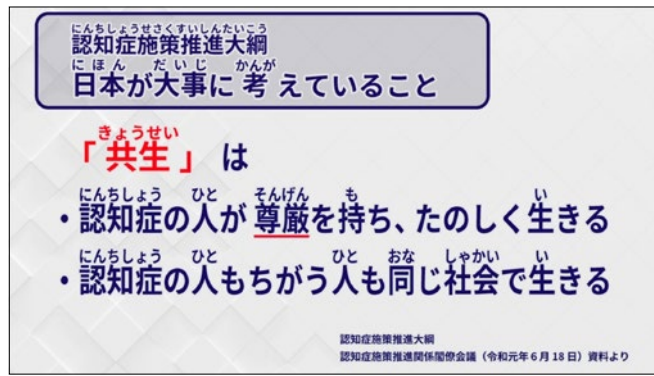


認知症施策推進大綱 日本が大事に考えていること	Framework for Promoting Dementia Care The Basic Idea
認知症の人とその家族の気持ちを大事にします	Focus on the perspectives of the patients and their families
「共生」と「予防」を大事にします	"Inclusion" and "Prevention" are two wheels of a cart
認知症施策推進大綱 認知症施策推進関係閣僚会議 (2019年6月18日) 資料より	Framework for Promoting Dementia Care: From the materials of the Ministerial Council on Promotion of Policies for Dementia Care (June 18, 2019)

Narration

The basic idea is to promote both "inclusion" and "prevention" measures, while focusing on the perspectives of the patients and their families.

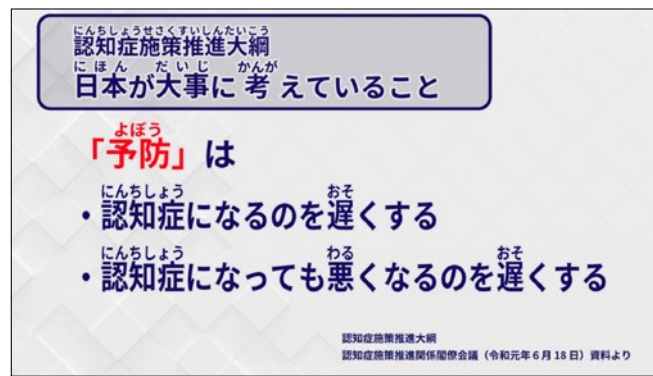
What are "inclusion" and "prevention"?



認知症施策推進大綱 日本が大事に考えていること	Framework for Promoting Dementia Care The Basic Idea
「共生」は	What is "inclusion"?
・認知症の人が尊厳を持ち、たのしく生きる	Living with dementia with dignity and hope
・認知症の人もちがう人も同じ社会で生きる	Living as a full member of society even with dementia
認知症施策推進大綱 認知症施策推進関係閣僚会議 (2019年6月18日) 資料より	Framework for Promoting Dementia Care: From the materials of the Ministerial Council on Promotion of Policies for Dementia Care (June 18, 2019)

Narration

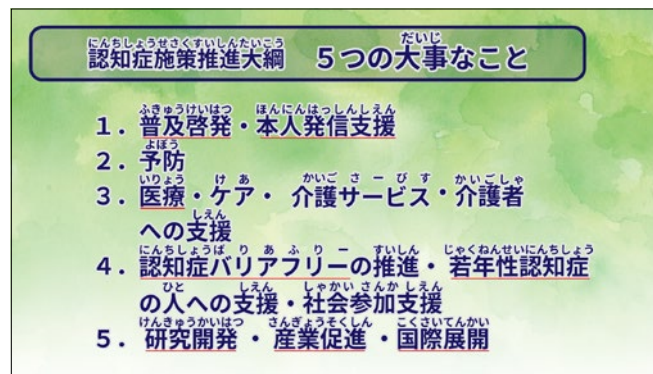
“Inclusion” means that people with dementia can live with dignity and hope as full members of the society.



にんちしょうせさくすいしんたいこう 日本が大事に考えていること 認知症施策推進大綱	Framework for Promoting Dementia Care The Basic Idea
よぼう 「予防」は	What is "prevention"?
・ にんちしょう 認知症になるのを おそ 遅くする	Delaying the onset of dementia
・ にんちしょう 認知症になっても わる 悪くなるのを おそ 遅くする	Reducing the progression of dementia
にんちしょうせさくすいしんたいこう 日本が大事に考えていること 認知症施策推進大綱 認知症施策推進関係閣僚会議 (2019年6月18日) 資料より	Framework for Promoting Dementia Care: From the materials of the Ministerial Council on Promotion of Policies for Dementia Care (June 18, 2019)

Narration

"Prevention" does not mean "prevention of dementia", but means "delaying the onset of dementia" and "reducing dementia progression."



認知症施策推進大綱 5つの大事なこと	Five Pillars of the Framework for Promoting Dementia Care
1 普及啓発・本人発信支援	1. Raising awareness and supporting the people with dementia in speaking out
2 予防	2. Prevention
3 医療・ケア・介護サービス・介護者への支援	3. Providing support for medical care, care services, long-term care services and caregivers
4 認知症バリアフリーの推進・若年性認知症の人への支援・社会参加支援	4. Promoting the creation of barrier-free spaces and services for people with dementia, supporting people with early-onset dementia and supporting social participation
5 研究開発・産業促進・国際展開	5. Promoting research and development conducted by industry and disseminating their results internationally

Narration

Based on this basic idea, the five pillars, as you can see, have been set up, and measures will be taken along with them.

Let's examine these five pillars in detail.

ふきゅうけいはつ ほんにんはっしんしえん
1. 普及啓発・本人発信支援

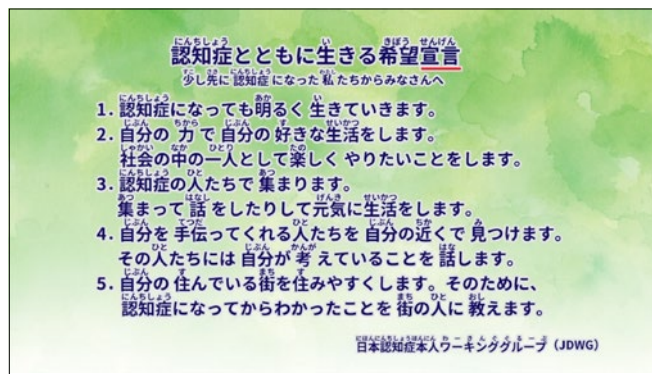
- ・ 認知症のことをもっと知ってもらう
- ・ 認知症について相談する場所を教える
- ・ 認知症の人が言いたいことを
言えるように手伝う

1. 普及啓発・本人発信支援	1. Raising awareness and supporting the people with dementia in speaking out
・ 認知症のことをもっと知ってもらう	Promote the understanding of dementia
・ 認知症について相談する場所を教える	Announce contacts where people can consult about the condition
・ 認知症の人が言いたいことを言えるように手伝う	Support for efforts made by people with dementia to disseminate their stories and opinions

Narration

“Raising awareness and supporting the people with dementia in speaking out” includes the following three points:

- Promote understanding about dementia
- Announce contacts where people can consult about the disease
- Support the people with dementia in speaking out



<p>認知症とともに生きる希望宣言、 少し先に 認知症になった 私たちからみなさんへ</p>	<p>We, who have been diagnosed with dementia, declare our hope while living with dementia to everyone as follows:</p>
<p>1 認知症になっても 明るく 生きていきます。</p>	<p>1. We shall not be bound by conventional common sense and we shall move on.</p>
<p>2 自分の 力で 自分の 好きな 生活をします。社会の 中の 一人として 楽しく やりたいことをします。</p>	<p>2. With all our strength, we shall carry on our cherished life, and shall happily face challenges as members of the society.</p>
<p>3 認知症の人たちで 集まります。 集まって 話をしたりして 元気に 生活をします。</p>	<p>3. We shall meet and connect together. We shall inspire each other to live a heathy life.</p>
<p>4 自分を 手伝ってくれる人たちを 自分の 近くで 見つけます。その人たちには 自分が 考えていることを 話します。</p>	<p>4. We shall find our allies in our towns to join our journey of conveying our feelings and hopes.</p>
<p>5 自分の 住んでいる 街を 住みやすくします。そのために、 認知症になってから わかったことを 街の人に 教えます。</p>	<p>5. We shall try our best and make use of our experience in living with dementia to create a comfortable living environment together.</p>
<p>日本認知症本人ワーキンググループ (J D W G)</p>	<p>Japan Dementia Working Group (JDWG)</p>

Narration

Support the people with dementia in speaking out covers the "Declaration of Hope while Living with Dementia".

Here is the declaration made by the people with dementia themselves:

We, who have been diagnosed with dementia, declare our hope while living with dementia to everyone as follows:

1. We shall not be bound by conventional common sense and we shall move on.
2. With all our strength, we shall carry on our cherished life, and shall happily face challenges as members of the society.
3. We shall meet and connect together. We shall inspire each other to live a heathy life.
4. We shall find our allies in our towns to join our journey of conveying our feelings and hopes.
5. We shall try our best and make use of our experience in living with dementia to create a comfortable living environment together.

It is necessary to understand the above hopes of the people with dementia to live together with them.

Glossary

We, who have been diagnosed with dementia, declare our hope while living with dementia to everyone as follows : This is a declaration created by the Japan Dementia Working Group that summarizes the thoughts, hopes and requests of people with dementia.



<p>「認知症とともに生きる希望宣言」 2018年11月1日 厚生労働省から皆さんへ お知らせをしているとき <small>にんちしょう い きぼうせんげん ねん がつ にち こうせい ろうどうしょう みな おしらせをしているとき</small> <small>じえーでいーだぶりゆーじー ちゃんねる ゆーちゆーぶ</small> JDWG channel Youtube より</p>	<p>"Declaration of Hope while Living with Dementia" Ministry of Health, Labor and Welfare press conference November 1, 2018 From JDWGchannel Youtube</p>
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Narration

Let's listen to Ms. Fujita, the representative of the "Working Group on Dementia Innovations Alliance" that is mainly operated by people with dementia.



<p>日本認知症本人ワーキンググループ <small>にほんにんちしょうほんにんわーきんぐぐーぷ</small></p>	<p>Japan Dementia Working Group (JDWG)</p>
<p>藤田和子 <small>ふじたかずこ</small></p>	<p>Representative Director - Kazuko Fujita</p>

Narration

Living with dementia, we feel anxious or worried by many things that happen every day. On the other hand, when actually having dementia, we found that dementia was quite different from what people often think about it



日本認知症本人ワーキンググループは認知症の人が集まってできています。言いたいことを言うことができるように社会を変えようとしています。

日本認知症本人ワーキンググループは認知症の人が集まってできています。言いたいことを言うことができるように社会を変えようとしています。

The Japan Dementia Working Group is an organization centered on the parties that help people with dementia participate in society and speak up about their stories.

Narration

and there were many chances for us to live a better life.



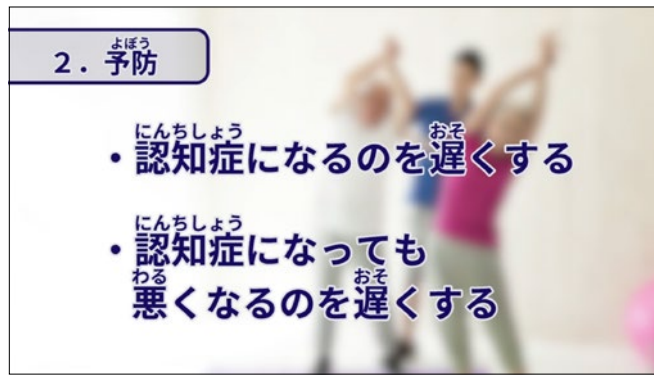
認知症になっても生きていきます。人は一回しか生きることができないからです。明るく自分の好きなように生活をしたいです

認知症になっても生きていきます。人は一回しか生きることができないからです。明るく自分の好きなように生活をしたいです

We don't want to give up on our own life, but want to continue to live a life full of hope.

Narration

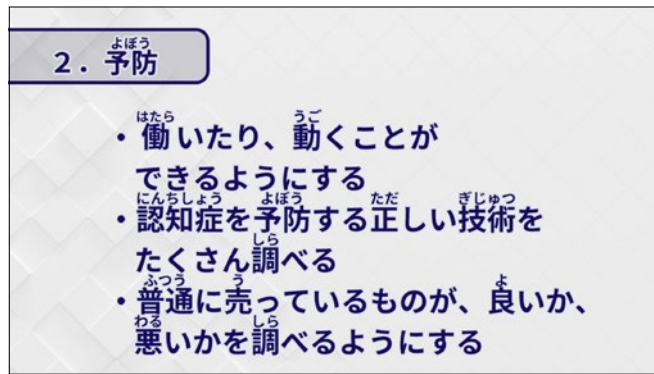
We don't want to give up on our own life, but want to continue to live a life full of hope. Besides, we strongly wish that people being diagnosed with dementia after us can get out of the dark tunnel and enjoy their lives to the fullest.



2. 予防	2. Prevention
・ 認知症になるのを遅くする	Delaying the onset of dementia
・ 認知症になっても悪くなるのを遅くする	Reducing the progression of dementia



2. 予防	2. Prevention
介護予防教室 なにわ元気塾 大阪市	Nursing care prevention class in Naniwa Genki Juku, Osaka City



2. 予防	2. Prevention
・ 働いたり、動くことができるようにする	Promotion of activities that may contribute to the prevention of dementia
・ 認知症を予防する 正しい技術を たくさん調べる	Promotion of the collection of evidence on prevention
・ ふつうに 売っているものが、 良いか、悪いかを 調べるようにする	Evaluation and certification mechanism of private products and services

Narration

In “Prevention”, there are two ideas:

- Delaying the onset of dementia
- Slow the progress of the dementia

leading to more and better exercise, prevention of lifestyle diseases, and elimination of social isolation.

Also, the following tasks are mentioned:

- Promotion of activities that may contribute to the prevention of dementia
- Promotion of the collection of evidence on prevention
- Working on a way to evaluate and certify private products and services.

3. 医療・ケア・介護サービス・介護者への支援
(医療・ケア・介護・介護をする人を手伝えること)

- ・認知症の人が自分でできることを大事にする
- ・社会の中で今までと同じ生活ができるようにする
- ・**伴走者**として認知症の人を手伝います

3. 医療・ケア・介護サービス・介護者への支援 (医療・ケア・介護・介護をする人を手伝えること)	3. Providing support for medical care, care services, long-term care services and caregivers
・認知症の人が自分でできることを大事にする	Maximize the capabilities of people with dementia
・社会の中で今までと同じ生活ができるようにする	Support them to continue living in the local community
・伴走者として認知症の人を手伝います	Assist them as a <u>companion</u>

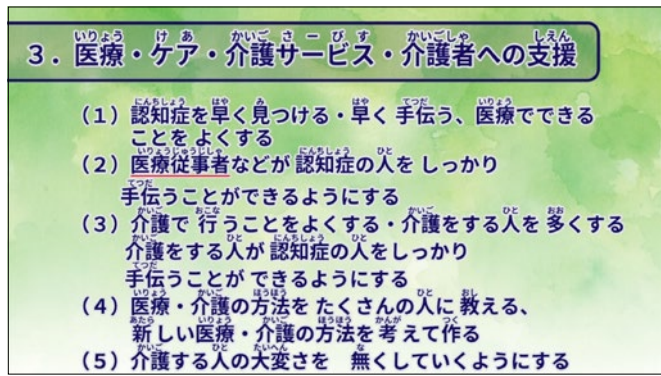
Narration

Regarding “Providing support for medical care, care services, long-term care services and caregivers”, it is important to:

- Maximize the capabilities of people with dementia
- Provide support so that they can continue living in the local community
- And assist them as a companion

Glossary

Companion : It is a person who works with and supports people with dementia.

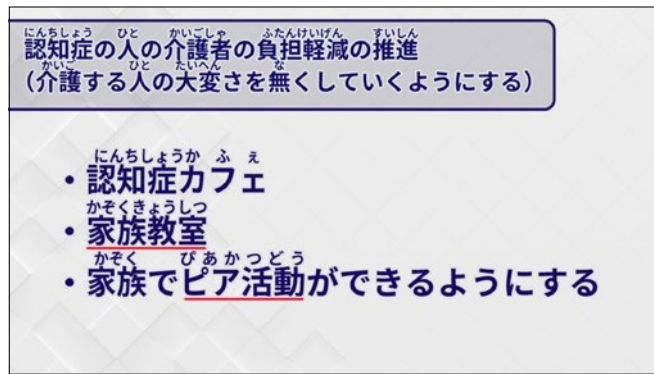


<p>3. 医療・ケア・介護サービス・介護者への支援</p>	<p>3. Providing support for medical care, care services, long-term care services and caregivers</p>
<p>(1) 認知症を早く見つける・早く手伝える、医療でできることをよくする</p>	<p>(1) Early detection/early treatment, arrangement of medical care</p>
<p>(2) 医療従事者などが認知症の人をしっかりと手伝えることができるようにする</p>	<p>(2) Promotion to improve dementia response capabilities for medical staff</p>
<p>(3) 介護で行うことをよくする・介護をする人を多くする 介護をする人が認知症の人をしっかりと手伝えることができるようにする</p>	<p>(3) Establishing the infrastructure for long-term care services and securing long-term care personnel Promotion to improve dementia response capabilities for caregivers</p>
<p>(4) 医療・介護の技術をたくさんの人に教える、新しい医療・介護の方法を考えて作る</p>	<p>(4) Dissemination and development of medical/nursing care methods</p>
<p>(5) 介護する人の大変さを無くしていくようにする</p>	<p>(5) Promotion of reducing the burden on caregivers of people with dementia</p>

Narration

Matters related to improving the medical care system and securing long-term care personnel are also mentioned.

The expectation for medical care, care services, and caregivers is great, and this e-learning is being implemented to partly realize that expectation.



認知症の人の介護者の負担軽減の推進 <small>(介護する人の大変さを無くしていくようにする)</small>	Promotion of reducing the burden on caregivers of people with dementia
・認知症カフェ	<u>Dementia Cafe</u>
・家族教室	Family classroom
・家族でピア活動ができるようにする	Peer activities between families

Narration

Promoting relief of the burden on people with dementia’s caregivers includes the promotion of dementia cafes, family classrooms, and peer activities among families to support each other in order to reduce the burden on families.

Let's take a look at the current status of dementia cafes - a model that has been spreading nationwide.

Glossary

Dementia Café : Promoted by the New Orange Plan in 2015, it is a place where people with dementia, their families, and local residents can gather and interact.



にんちしょうかいごけんきゅう けんしゅうせんだいせんたー 認知症介護研究・研修仙台センター	Sendai Center for Dementia Care Research and Practices
けんしゅうぶちょう やぶきともゆき 研修部長 矢吹知之	Training Manager - Tomoyuki Yabuki
にほん いじょう にんちしょうかふえ 日本に7000以上の認知症カフェがあります	Deployment in more than 7,000 locations nationwide
ねん がつ (2020年12月)	(Since December 2020)



どよう おんがくかふえ みやぎけんせんだいし 土曜の音楽カフェ (宮城県仙台市)	Saturday Music Cafe ♪ (Sendai City, Miyagi Prefecture)
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Narration

The dementia cafe has been introduced to Japan since 2012 and deployed in more than 7,000 locations since then. It is understood that these cafes are necessary to create a community where even people with dementia can comfortably live in. It is targeted at people who suffer from early stage dementia and their families. However, it does not mean that the people working at nursing facilities are irrelevant. These days, there are also nursing care insurance facilities operated within the community. In other words, it is an effort to change the whole society by eliminating the line between being taken care of at home and being taken care of at facilities.

4. 認知症バリアフリーの推進
若年性認知症の人への支援・社会参加支援

・認知症の人が社会に出ることが
できるように「地域共生社会」にする

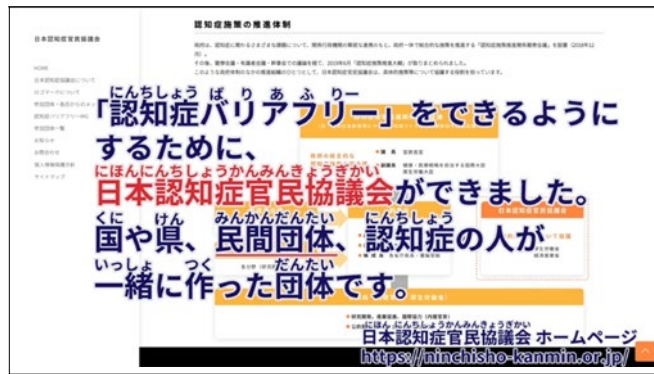
・外に出かける、お金を利用するなど、
普通に生活ができるための
「認知症バリアフリー」のしくみを作る

<p>4. 認知症バリアフリーの推進・若年性認知症の人への 支援・社会参加支援</p>	<p>4. Promoting the creation of barrier-free spaces and services for people with dementia, supporting people with early-onset dementia and supporting social participation</p>
<p>・認知症の人が社会に出ることができるように「地域 共生社会」にする</p>	<p>Promote "community inclusion society" that enables social participation of people with dementia in a way that suits them</p>
<p>・外に出かける、お金を利用するなど、普通に生活がで きるための「認知症バリアフリー」のしくみを作る</p>	<p>Promote "dementia barrier-free" in daily life situations such as transportation, consumption, and financial procedures</p>

Narration

Regarding “Promoting the creation of barrier-free spaces and services for people with dementia, supporting people with early-onset dementia and supporting social participation”:

- It is important to promote efforts toward a “community inclusive society” that enables social participation of people with dementia in a way that suits them.
- Promote "dementia barrier-free" initiatives to reduce barriers in daily life such as problems related to transportation, spending, and financial procedures so they can live normally in the community.



<p>「認知症バリアフリー」をできるようにするために、日本認知症官民協議会ができました。</p> <p>国や県、民間団体、認知症の人が一緒に作った団体です。</p>	<p>The <u>Japan Dementia Public-Private Council</u> was established to promote dementia barrier-free living in collaboration with the national government, local governments, private organizations, and people with dementia.</p>
<p>日本認知症官民協議会ホームページ</p> <p>https://ninchisho-kanmin.or.jp/</p>	<p>Japan Dementia Public-Private Council Homepage</p> <p>https://ninchisho-kanmin.or.jp/</p>

Narration

Specifically, the Japan Dementia Public-Private Council was established to promote dementia barrier-free living in collaboration with the national government, local governments, private organizations, and people with dementia.

Glossary

The Japan Dementia Public-Private Council : It is an organization created to bring national and local governments, private organizations, and people with dementia together to create a dementia barrier-free society in 2019.



すろーしょっぴんぐ いわてけんふじさわし スローショッピング (岩手県藤沢市)	<u>Slow Shopping (Fujisawa City, Iwate Prefecture)</u>
にんちしょう 認知症まちづくりファシリテーター講座	<u>Dementia Community Renovation Facilitator Course</u>
えぬびーおーほうじんにんちしょうふれんどしっぷくらぶ NPO 法人認知症フレンドシップクラブ	NPO Corporation Dementia Friendship Club

Narration

In addition, various initiatives have been developed all over the country, such as "slow shopping" which enables people with dementia to make payments slowly with the help of the volunteers, and the "dementia community renovation facilitator course" which promotes the renovation of a friendly community for people with dementia.

Glossary

Slow Shopping : This is an initiative for people with dementia that is being implemented in Iwate Prefecture. We are building stores and support systems where people can shop with peace of mind.
 Dementia Community Renovation Facilitator Course : This course is designed to train leaders to create a town where people with dementia can live comfortably.

「認知症バリアフリー」の推進 (「認知症バリアフリー」を行うためにすること)	
① 街がバリアフリーになるようにする	⑧ 金融商品を新しく作ることが できるようにする
② 車やタクシーなどで外に行くことを 多くしたり使いやすいようにする	⑨ 成年後見制度を多くの人が 使うことができるようにする
③ 車の事故などがないようにする	⑩ お金をあずけたり、使ったり する時にだまされないようにする
④ くらせる家を見つける	⑪ ひどいことをされないようにする
⑤ 街が認知症の人を手伝うことが できるようにする	⑫ 認知症に関係がある保険を 使いやすくする
⑥ 認知症のことでいいことをしている 会社をほめて、みんなに知らせる	⑬ 法律がわからなかった高齢者 などを手伝う
⑦ バリアフリーを行うために 新しいものなどを作ることが できるようにする	

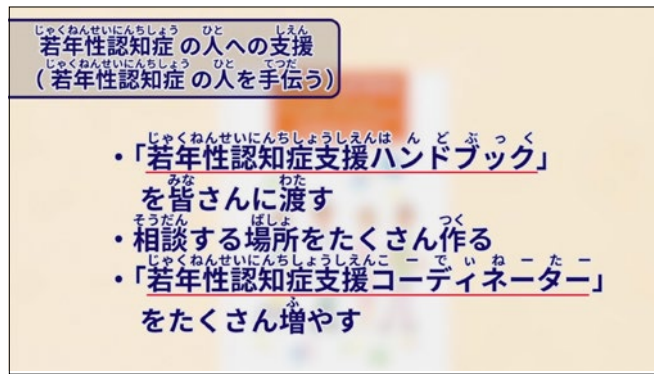
「認知症バリアフリー」の推進 (「認知症バリアフリー」を行うためにすること)	Promotion of "dementia barrier-free" initiatives
① 街がバリアフリーになるようにする	① Promotion of barrier-free community development
② 車やタクシーなどで外に行くことを多くしたり使いやすいようにする	② Promotion of securing transportation means
③ 車の事故などがないようにする	③ Promotion of traffic safety
④ くらせる家を見つける	④ Promotion of securing housing
⑤ 街が認知症の人を手伝うことができるようにする	⑤ Reinforcement of the regional support system
⑥ 認知症のことでいいことをしている会社をほめて、みんなに知らせる	⑥ Certification systems and awards for organizations that are implementing initiatives related to dementia
⑦ バリアフリーを行うために新しいものなどを作ることができるようにする	⑦ Promotion of product and service development
⑧ 金融商品を新しく作ることができるようにする	⑧ Promotion of financial product development
⑨ 成年後見制度を多くの人が使うことができるようにする	⑨ Promotion of the application for <u>Adult Guardianship System</u>
⑩ お金をあずけたり、使ったりする時にだまされないようにする	⑩ Promotion of consumer-related damage prevention measures
⑪ ひどいことをされないようにする	⑪ Promotion of consumer-related abuse prevention measures
⑫ 認知症に関係がある保険を使いやすくする	⑫ Promotion of various private insurances related to dementia
⑬ 法律がわからなかった高齢者などを手伝う	⑬ Welfare support for older people who have committed illegal acts

Narration

In this way, we are promoting various initiatives toward a community inclusive society, including the initiatives to protect the rights of people with dementia, such as community renovation, ensuring transportation and traffic safety, housing, products, services, finance, and prevention of consumer-related damage and abuse.

Glossary

Adult Guardianship System : It is a law that assists, protects, and supports adults who have difficulty making decisions and managing their property.



若年性認知症の人への支援 (若年性認知症の人を手伝う)	Support for people with early-onset dementia
・「若年性認知症支援ハンドブック」を皆さんに渡す	Distribution of " <u>Handbook for Supporting People with Early-onset Dementia</u> "
・相談する場所をたくさん作る	Establishment of consultation service
・「若年性認知症支援コーディネーター」をたくさん増やす	Arrangement of <u>coordinators to support people with early-onset dementia</u>

Narration

Regarding supporting people with early-onset dementia, to ensure that appropriate support is available from the early stages, the following policies are being promoted:

- Distribution of "Handbook for Supporting People with Early-onset Dementia"
- Establishment of a consultation service
- Arrangement of coordinators to support people with early-onset dementia

Glossary

Handbook for Supporting People with Early-onset Dementia : A book to support people with dementia under the age of 65

Coordinators to support people with early-onset dementia : A specialist who provides consultation to people with dementia under 65 years old and their families.



じゃくねんせいになちしょうしえん こーでいねーたー 若年性認知症支援コーディネーターとは	About coordinators to support people with early-onset dementia
ぜんこくじゃくねんせいになちしょうしえん せんたー 全国若年性認知症支援センター	National Early-Onset Dementia Support Center
しつちょう やまぐちよしき 室長 山口喜樹	Director Yoshiki Yamaguchi

Narration

Since dementia often begins during people’s working age or during their child-raising years, it takes a great effort to support them.



じゃくねんせいになちしょうしえん こーでいねーたー 若年性認知症支援コーディネーターとは	About coordinators to support people with early-onset dementia
しごと かいご ひと べんきょうかい 仕事で介護をする人のための勉強会	Workshop for professionals

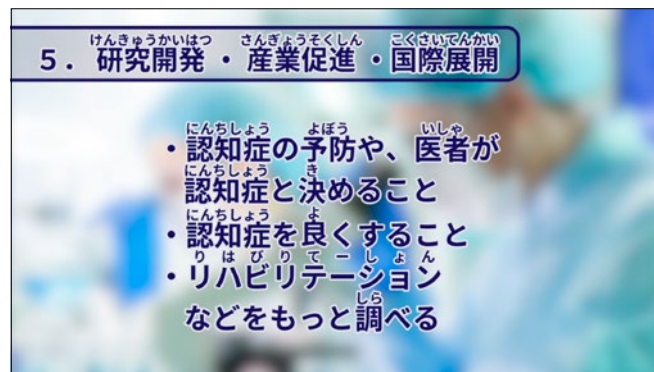


にんちしょう ひと かぞく あつ あそ
認知症の人と 家族が 集まって 遊ぶ

Personal/family exchange event

Narration

The first and foremost response is to provide a consultation to the person who has been diagnosed with dementia and their family in order to connect them to appropriate systems and resources. People with dementia are often more worried about people around them than themselves, which makes them hesitate to talk with other people. Therefore, the job of the support coordinators is to raise the public awareness little by little, and create an atmosphere for the people to easily speak out about their illness.



けんきゅうかいはつ さんぎょうそくしん こくさいてんかい
5. 研究 開発・ 産業 促進・ 国際 展開

5. Promoting research and development conducted by industry and disseminating their results internationally

にんちしょう よぼう いしや にんちしょう き
・ 認知症の 予防や、 医師が 認知症と 決めること

Prevention and diagnosis

にんちしょう なお
・ 認知症を 治すこと

Treatment

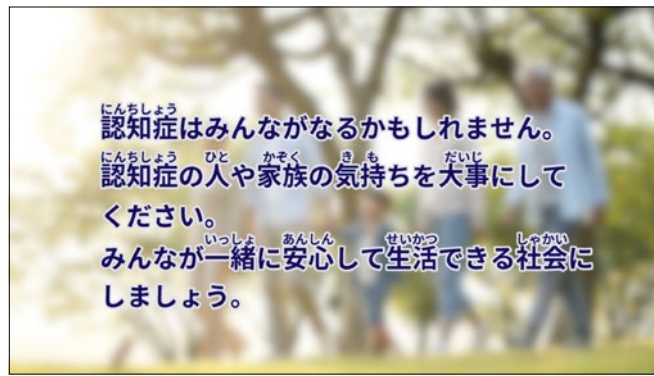
り は び り てー し ょ ん
・ リハビリテーション などを もっと 調べる

Rehabilitation

Narration

Finally, the fifth pillar is “Promoting research and development and industry, and disseminating their results internationally”. Here, because the onset and progress of dementia have not been fully understood, research and development should proceed in the following aspects:

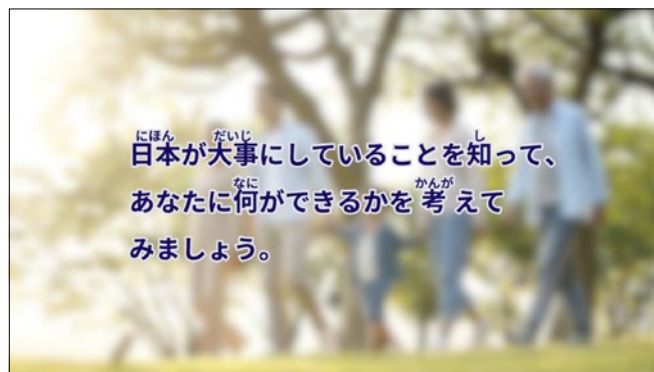
- Prevention and diagnosis
- Treatment
- Rehabilitation



<p>認知症は みんながなるかもしれません。</p>	<p>Dementia can happen to anyone.</p>
<p>認知症の人や 家族の 気持ちを 大事にしてください。 みんなが 一緒に 安心して 生活できる 社会にしましょ う。</p>	<p>We aim to create a society where everyone can live optimistically together while focusing on the perspectives of people with dementia and their families.</p>

Narration

So far, we have covered the outline of the "Framework for Promoting Dementia Care". Dementia can happen to anyone. We aim to create a society where everyone can live optimistically together while focusing on the perspectives of people with dementia and their families.

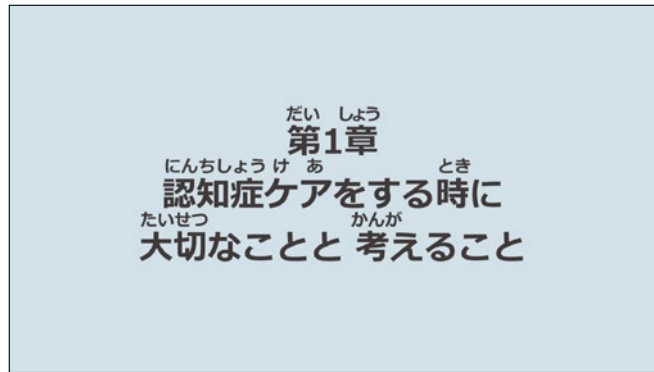


<p>日本が 大事にしていることを知って、あなたに 何が でき るかを 考えてみましょう。</p>	<p>Let's think about your role based on the national perspectives and directions.</p>
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Narration

Let's think about your role based on the national perspectives and directions.

Introduction

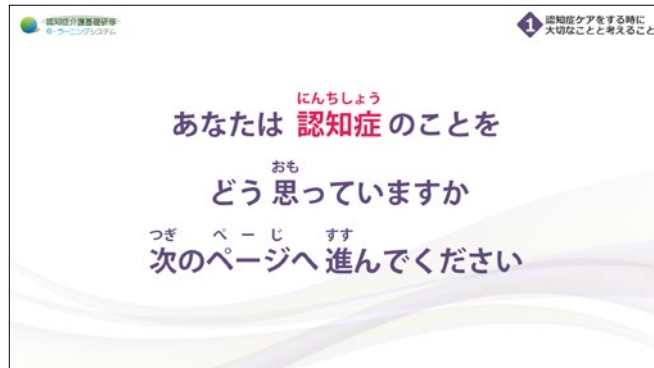


だい しょう 第1章	Chapter 1
にんちしょう け あ とき たいせつ かんが 認知症ケアをする時に大切なことと考えること	Basic principles and mindset toward dementia care

Narration

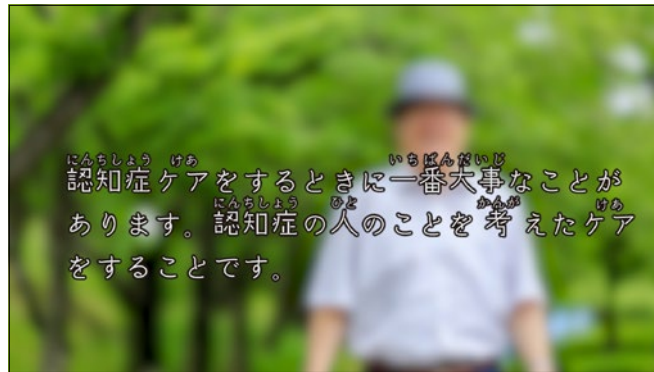
We would like to introduce the basic principles and mindset so that you can provide care to people with dementia in real life.

Before talking about dementia care, you need to have a basic understanding of nursing care.



あなたは にんちしょう 認知症のことを どう おも 思っていますか	Answer based on your own image about dementia
つぎ ページ すす 次のページに進んでください	Please proceed to the next page

1 Person-centered care

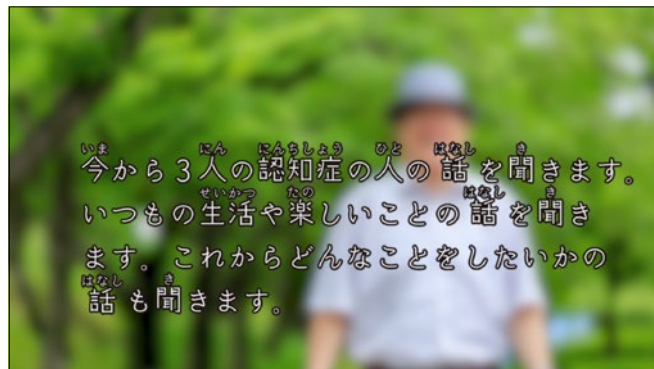


認知症ケアをするときに一番大事なことがあります。認知症の人のことを考えたケアをすることです。

The most important thing in dementia care is that the person with dementia plays a leading role.

Narration

The most important thing in dementia care is that the person with dementia plays a leading role. What is person-centered care?

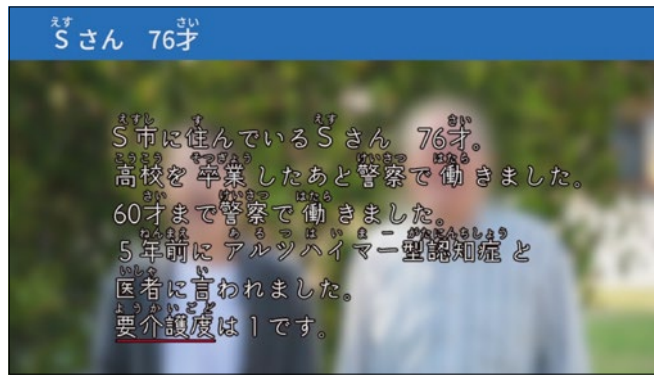


今から3人の認知症の人の話を聞きます。
いつもの生活や楽しいことの話も聞きます。
これからどんなことをしたいかの話も聞きます。

First, let's listen to the actual feelings of three people about their lives, what they are enjoying, and their hopes for the future.

Narration

First, let's listen to the actual feelings of three people about their lives, what they are enjoying, and their hopes for the future.



えす Sさん 76才	Mr. S, 76 years old
えす し す S市に住んでいる Sさん 76才。	Mr. S, 76 years old, living in S city
こうこう そつぎょう 高校を卒業したあと 警察で 働きました。 60才まで 警察で働きました。	Worked at the police station since graduating from high school until retirement
ねんまえ ある つ は い ま ー がたにんちしょう 5年前に アルツハイマー型認知症と 医者に言われました。	Diagnosed with dementia of the Alzheimer's type five years ago
ようかいごと 要介護度は 1 です。	Long-term care level 1

Narration

Let's hear the story of Mr. S, who lives in S city.

After graduating from high school, Mr. S worked at the police station. He had been working there until his retirement. About five years ago, he was diagnosed with dementia of the Alzheimer's type after visiting the doctor upon his wife's recommendation because he often forgot things. He needs long-term care level 1.



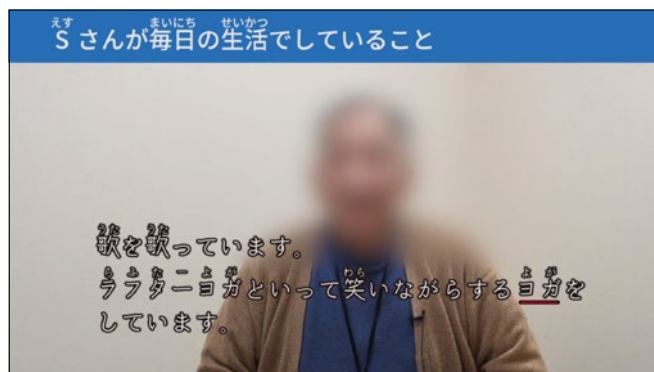
えす Sさん 76才	Mr. S, 76 years old
つま ふたり せいかつ 妻と二人で生活しています。	Living with his wife
しゅうかん かい でい さーびす 1週間に3回 デイサービスに行っています。	Going to <u>day service</u> 3 times a week

Narration

He has been going to day service three times a week.

Glossary

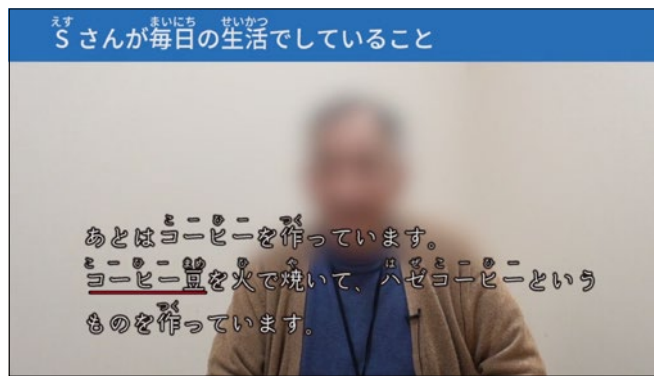
Day Service : The facility is available for day use and provides nursing care and recreational activities.



えす Sさんがまいにち せいかつ Sさんが毎日の生活でしていること	Things Mr. S does in his daily life
うた うた 歌を歌っています。 らふたーよがという わら 笑いながらする よがを しています。	Here, we have opportunities to sing together, and there is a Laughter yoga class as well.

Narration

Here, we have opportunities to sing together, and there is a Laughter yoga class as well.



えす Sさんが 毎日の生活で していること	Things Mr. S does in his daily life
あとは コーヒーを 作っています。	We also roast coffee beans then make coffee,
コーヒー豆を 火で 焼いて、 ハゼコーヒーというものを 作っています。	it is called haze coffee.

Narration

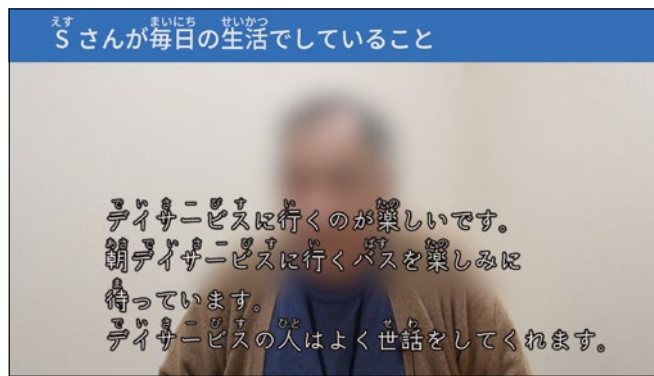
We also roast coffee beans then make coffee, it is called haze coffee.



えす Sさんが 毎日の生活で していること	Things Mr. S does in his daily life
それから レッドコードなどの 運動を しています。	After that, we do exercises such as red code

Narration

After that, we do various exercises such as red code.



えす Sさんが 毎日の生活で していること	Things Mr. S does in his daily life
でいさーびすに 行くのが 楽しみです。 あさ でいさーびすに 行く バスを 楽しみに 待っています。	Thanks to that, I'm looking forward to coming to the facility. I'm happily waiting for the bus to come picking me up in the morning
でいさーびすの 人は よく 世話を してくれます。	I am very grateful.

Narration

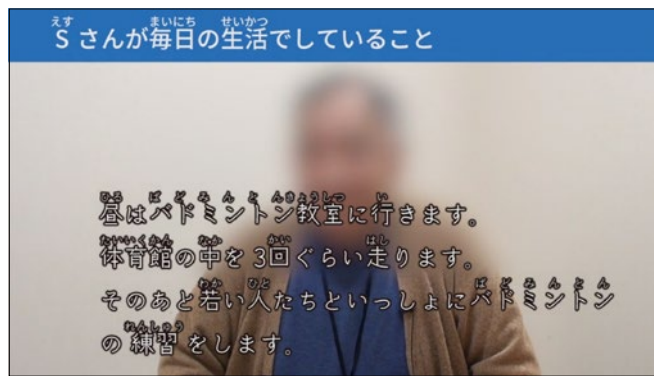
Thanks to that, I'm looking forward to coming to the facility. I'm happily waiting for the bus to come picking me up in the morning. I am very grateful.



えす Sさんが 毎日の生活で していること	Things Mr. S does in his daily life
あさ いえ くるまをとめるところを 掃除します。 いえ なか 掃除を手伝います。	After waking up, I usually clean the parking lot and help my wife clean the room

Narration

How do you spend your days without day service?
After waking up, I usually clean the parking lot and help my wife clean the room.



<p>えす Sさんが まいにち せいかつ Sさんが 毎日の生活でしていること</p>	<p>Things Mr. S does in his daily life</p>
<p>ひる ばどみんとん 教室に 行きます。 たいいくかん なかを 3回 ぐらい 走ります。 そのあと 若い人たちと っしょに ばどみんとん の 練習を します。</p>	<p>Then, during the day, I go to a badminton class. There, I run about three laps in the gymnasium, then practice with young people.</p>

Narration

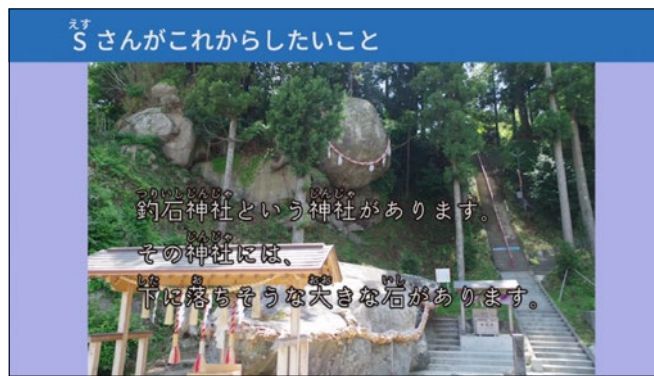
Then, during the day, I go to a badminton class. There, I run about three laps in the gymnasium, then practice with young people.



<p>えす Sさんが これから したいこと</p>	<p>What Mr. S wants to do from now on</p>
<p>しょうせつ か を書いて 発表したいです。</p>	<p>I would like to publish a novel someday.</p>

Narration

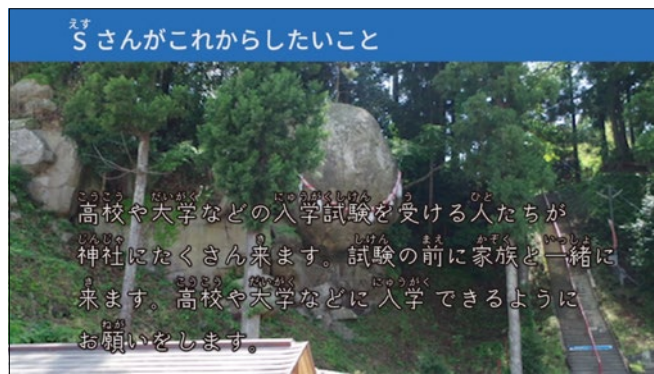
I would like to publish a novel someday.



<p>えす Sさんがこれからしたいこと</p>	<p>What Mr. S wants to do from now on</p>
<p>つりいしじんじや 釣石神社 という 神社が あります。 その神社には、下に 落ちそうな 大きな石が あります。 でも、落ちないで その場所 に あります。</p>	<p>In Tsurishi Shrine, there is a massive boulder that looks like it might fall but doesn't.</p>

Narration

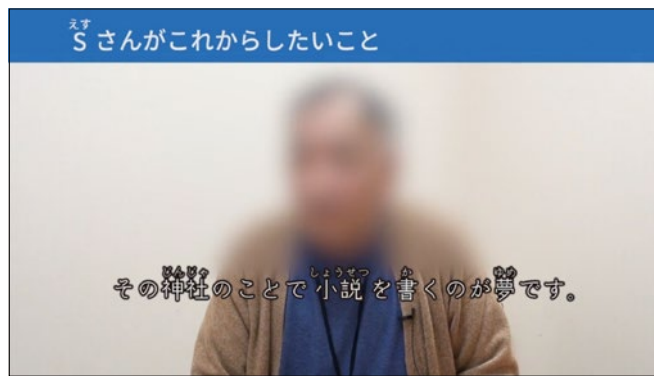
In Tsurishi Shrine, there is a massive boulder that looks like it might fall but doesn't.



<p>えす Sさんがこれからしたいこと</p>	<p>What Mr. S wants to do from now on</p>
<p>こうこう だいがく などの にゅうがく しけん を うける ひと たちが じんじや に た くさん 来ます。 しけん まえ がぞく いっしょ に 来ます。 こうこう だいがく などに にゅうがく できるように おねがいを します。</p>	<p>It has become a mecca for exam takers and other people. Every year during the examination season, many people come to visit the shrine with their families.</p>

Narration

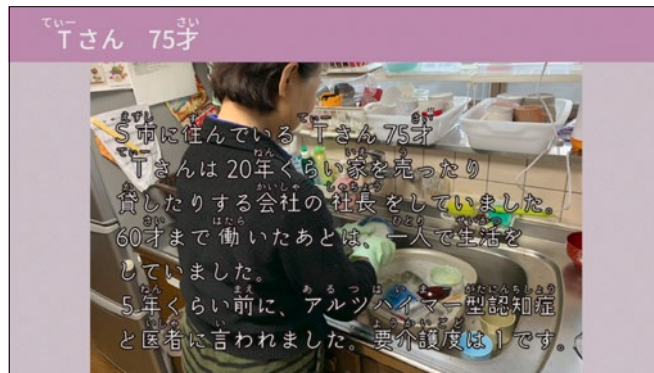
It has become a mecca for exam takers and other people. Every year during the examination season, many people come to visit the shrine with their families.



えす Sさんがこれからしたいこと	What Mr. S wants to do from now on
その神社のことで小説を書くのが夢です。	My dream is to write a novel based on that.

Narration

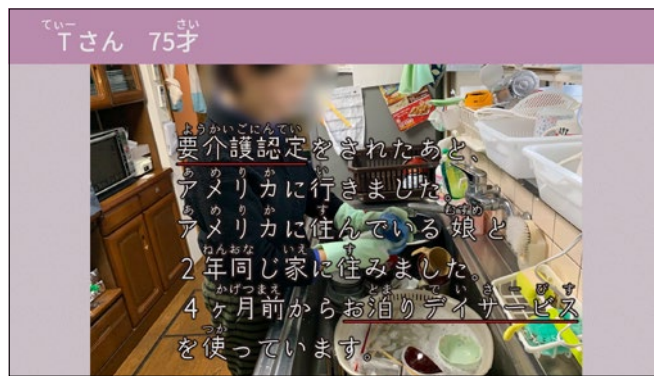
My dream is to write a novel based on that.



ていー Tさん 75才	Mrs. T, 75 years old
えす し S市に住んでいる Tさん 75才。	Mrs. T, 75 years old, living in S city
ていー Tさんは20年くらい家を売ったり貸したりする会社の社長をしていました。	Ran a real estate management company for about 20 years
60才まで働いたあとは、一人で生活をしていました。	Lived alone after retirement at the age of 60
5年くらい前に、アルツハイマー型認知症と医者に言われました。	Diagnosed with dementia of the Alzheimer's type about 5 years ago
要介護度は1です。	Long-term care level 1

Narration

Let's hear the story of Mrs. T, who lives in S city.
 Mrs. T had been running a real estate management company for about 20 years. She had been living alone after retirement at the age of 60. About five years ago, she was diagnosed with dementia of the Alzheimer's type after visiting the doctor because she often forgot things. She needs long-term care level 1.



ていー さい Tさん 75才	Mrs. T, 75 years old
あめりかに 住んでいる 娘と 2年 同じ家に 住みました。	Lived with a daughter in the United States for 2 years
4ヶ月前から お泊りデイサービスを使っています。	Started using the <u>residential day service</u> 4 months ago

Narration

She had lived with her daughter in the United States for two years after being identified as someone who required long-term care but returned to Japan about four months ago and is now using a residential day service.

Glossary

Being identified as someone who required long-term care : It is a system that determines the level of care needed through surveys and meetings.

Residential day service : This is a day service where you can stay overnight.



ていー まいにち せいかつ Tさんが 毎日の 生活で していること	Things Mrs. T does in her daily life
お泊りデイサービスのひとと一緒に 1階の 食堂で ゲームやトランプなどをしています。	We all play games, cards, and so on in the cafeteria on the first floor.

Narration

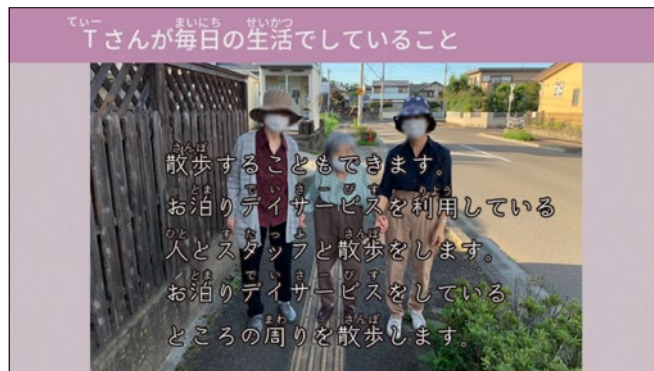
We all play games, cards, and so on in the cafeteria on the first floor.



ていー まいにち せいかつ Tさんが毎日の生活でしていること	Things Mrs. T does in her daily life
とま でいさーびす お泊りデイサービスにはいろいろな人がいます。 その人たちとおもしろい話をして楽しくしています。	There are a lot of us here, so we tell jokes and have fun together.

Narration

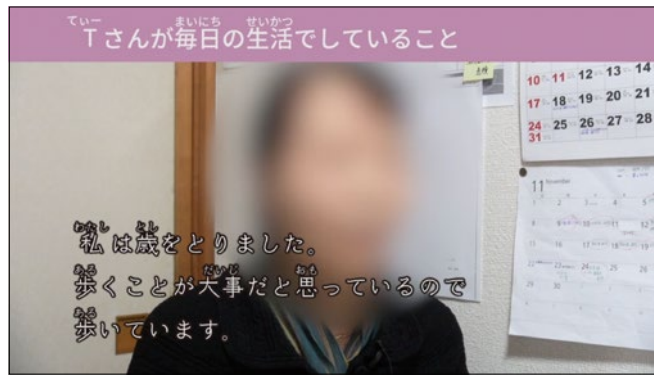
There are a lot of us here, so we tell jokes and have fun together.



ていー まいにち せいかつ Tさんが毎日の生活でしていること	Things Mrs. T does in her daily life
さんぽ 散歩をすることもできます。 とま でいさーびす りよう お泊りデイサービスを利用している人とスタッフと散歩を します。 とま でいさーびす お泊りデイサービスをしているところの周りを散歩しま す。	We are allowed to take a walk, so I often take a walk with two or three people and the person in charge of the home

Narration

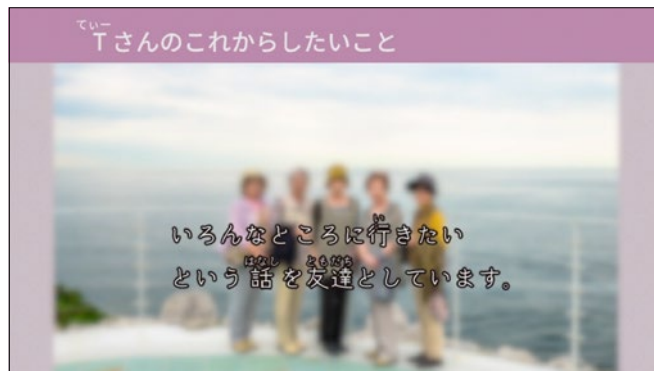
We are allowed to take a walk, so I often take a walk with two or three people and the person in charge of the home.



<p>ていー Tさんが 毎日の生活で していること</p>	<p>Things Mrs. T does in her daily life</p>
<p>わたし とし 私は 歳を とりました。 ある 歩くことが 大事だと 思っているのので、 ある 歩いています。</p>	<p>I do so because I think walking is good for older people</p>

Narration

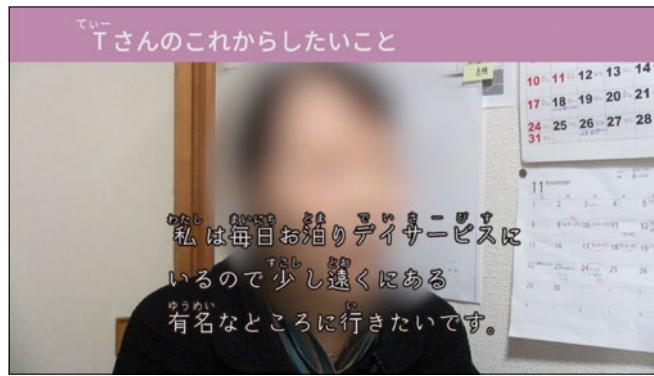
I do so because I think walking is good for older people.



<p>ていー Tさんの これからしたいこと</p>	<p>What Ms. T wants to do from now on</p>
<p>いろいろな ところに 行きたい という話を 友達と してい ます。</p>	<p>My friends and I talk about wanting to visit many places.</p>

Narration

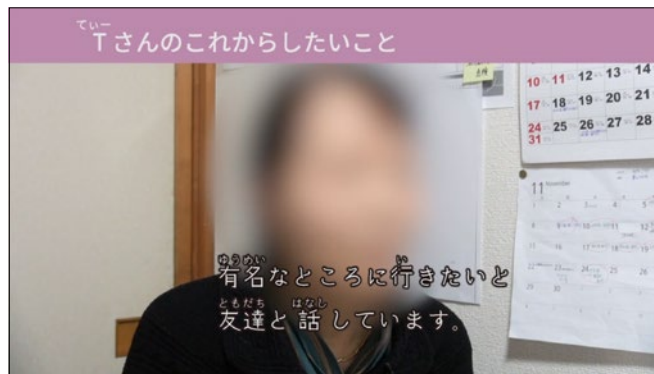
My friends and I talk about wanting to visit many places.



てい Tさんのこれからしたいこと	What Ms. T wants to do from now on
わたし まいにち とま でい さーびす 私は 毎日 お泊りデイサービスに いるので 少し 遠くにあ る 有名など ところに行きたいです。	We don't want to stay at the nursing home every day. We want to go to famous places that are a little far away.

Narration

We don't want to stay at the nursing home every day. We want to go to famous places that are a little far away.



てい Tさんのこれからしたいこと	What Ms. T wants to do from now on
ゆうめい い 有名など ところに行きたいと 友達と 話しています。	That's the hope that I share with my friend from time to time.

Narration

That's the hope that I share with my friend from time to time.



<p>てい Tさんのこれからしたいこと</p>	<p>What Ms. T wants to do from now on</p>
<p>きょう むすめ でんわ 今日、娘から電話がありました。 げんき だいじょうぶ 「元気ですか？大丈夫ですか？」 い と言っていました。</p>	<p>Just today, my daughter called me at night and asked if I was alright.</p>

Narration

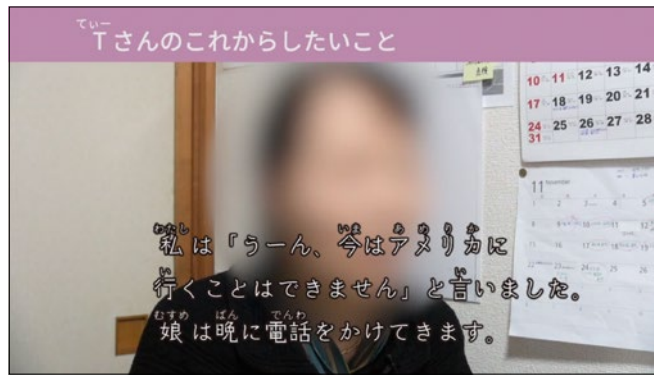
Well, just today, my daughter called me at night and asked if I was alright.



<p>てい Tさんのこれからしたいこと</p>	<p>What Ms. T wants to do from now on</p>
<p>「また アメリカに 来てください」とい 言っていました。</p>	<p>“Please come back to the US,” she said.</p>

Narration

“Please come back to the US,” she said.



てい Tさんのこれからしたいこと	What Ms. T wants to do from now on
てい Tさんは「今はアメリカに行くことはできません」と言いました。 むすめ ばん でんわ 娘は晩に電話をかけてきます。	But I said, "That's impossible now."

Narration

But I said, "That's impossible now."



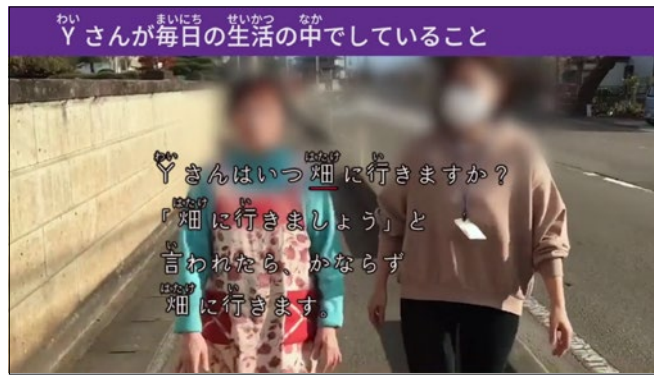
わい Yさん 81才	Mrs. Y, 81 years old
えすし S市に住んでいるYさん81才。	Mrs. Y, 81 years old, living in S city
おつと 夫が死んだあと、	After her husband passed away
ねんまえ 3年前からグループホームに住んでいます。	Moved into a <u>group home</u> 3 years ago
むすめ 娘が2人います。	Has two daughters

Narration

Mrs. Y lived with her husband, but three years ago, she moved into a group home after her husband passed away. She has two daughters.

Glossary

Group home : It is one of the long-term care insurance services. It is a nursing home where people with dementia live together in small groups.



わい Yさんが 毎日の生活でしていること	Things Ms. Y does in her daily life
わい Yさんは いつ 畑に 行きますか。	How often do you go to the vegetable field?
はたけ い 「畑に 行きましょう」と 言われたら、かならず 畑に 行きます。	I go whenever I am invited.

Narration

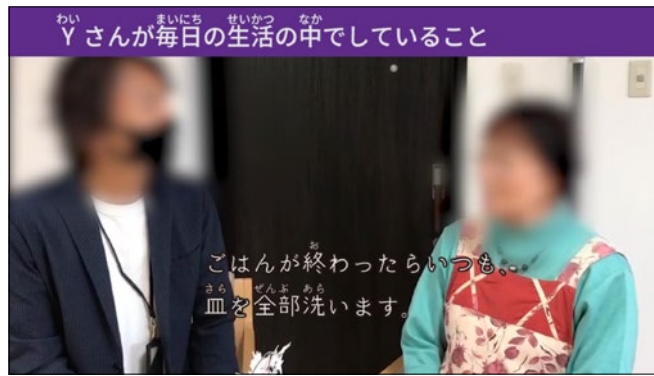
How often do you go to the vegetable field?
I go whenever I am invited.



わい Yさんが 毎日の生活でしていること	Things Ms. Y does in her daily life
はたけ やさい 畑で 野菜を とることは 楽しいです。	It's really fun to pick vegetables.
はたけ い 畑に 行くことが 大好きです。	I like this activity

Narration

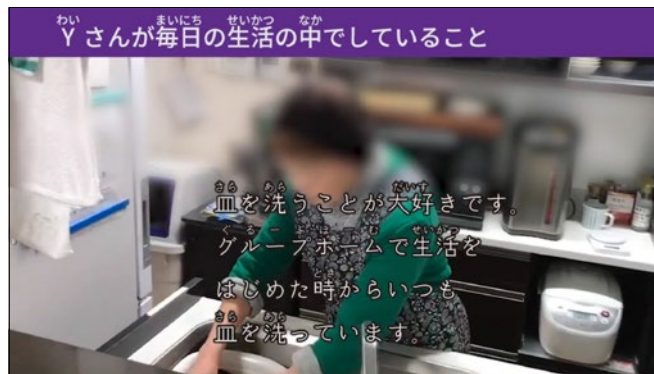
It's really fun to pick vegetables.
I like this activity.



わい Yさんが 毎日の生活でしていること	Things Ms. Y does in her daily life
ごはんが 終わったらいつとも、皿を全部洗います。	After breakfast, lunch, and dinner, I am responsible for washing all the dishes

Narration

After breakfast, lunch, and dinner, I am responsible for washing all the dishes.

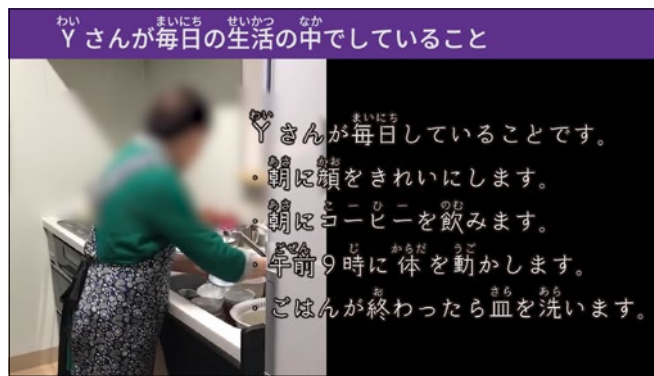


わい Yさんが 毎日の生活でしていること	Things Ms. Y does in her daily life
皿を洗うことが大好きです。	I love the task
グループホームで生活を始めた時からいつも皿を洗っています。	I've been doing it since I came here

Narration

I love the task.

I've been doing it since I came here.



わい Yさんが まいにち せいかつ なか Yさんが 毎日の生活で していること	Things Ms. Y does in her daily life
わい Yさんが まいにち Yさんが 毎日 していること。	Ms. Y's daily routine
あさ かお ・朝に 顔を きれいに します。	Morning makeup
あさ こーひー の ・朝に コーヒーを 飲みます。	Morning coffee
ごぜん じ からだ うご ・午前9時に 体を動かします。	Exercising at 9 o'clock
ごはんが お 終わったら 皿を 洗います。	Washing dishes after meals

Narration

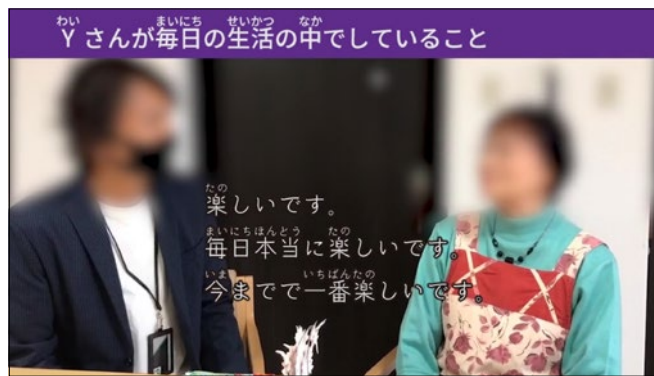
Everyday Mrs. Y puts on makeup and drinks coffee in the morning. Then she does exercises at 9 o'clock and washes the dishes after each meal.



わい Yさんが まいにち せいかつ なか Yさんが 毎日の生活で していること	Things Ms. Y does in her daily life
いろいろなことを しています。	I am doing a lot of work
「やってください」と 言われたことは なんでも やります。 なんでも やりたいです。	I can do whatever I am told to do, and I want to do so

Narration

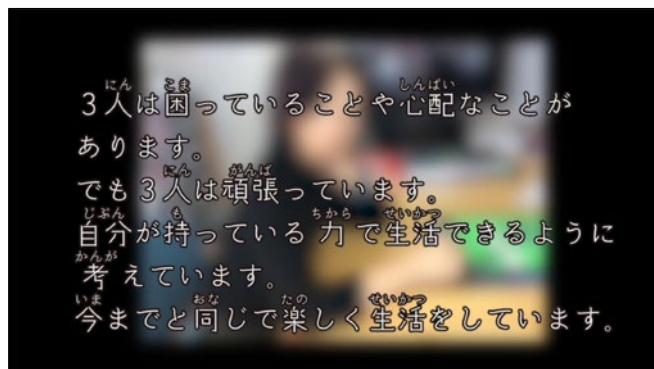
I see that you are doing a lot of work.
I can do whatever I am told to do, and I want to do so.



わい Yさんが 毎日の生活でしていること	Things Ms. Y does in her daily life
たの 楽しいです。	I feel happy
まいにち ほんとう たの 毎日 本当に 楽しいです。	Every day is really enjoyable
いま いちばん たの 今までで 一番 楽しいです。	I have never been happier

Narration

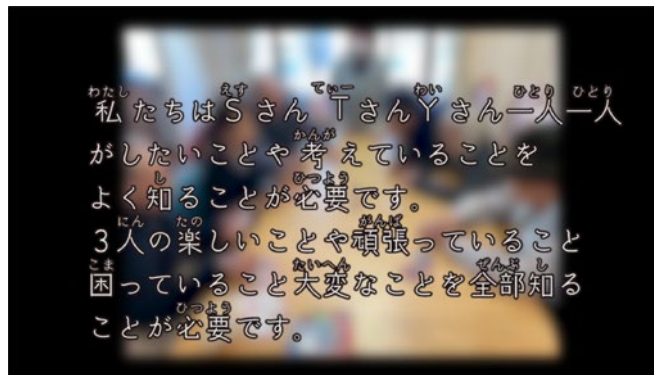
Every day is really enjoyable.
I have never been happier.



<p>3人は 困っていることや 心配なことがあります。</p> <p>でも 3人は 頑張っています。</p> <p>自分が 持っている 力で 生活できるように 考えています。</p> <p>今までと 同じで 楽しく 生活をしています。</p>	<p>Despite their own problems or concerns, they are trying their best to live actively and enjoying their lives as before.</p>
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Narration

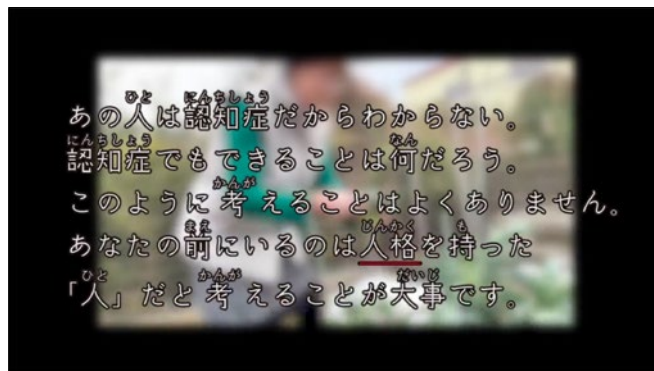
So far, we have asked Mr. S, Mrs. T, and Mrs. Y about their current lives and feelings. Despite their own problems or concerns, they are trying their best to live actively and enjoying their lives as before.



<p>私たちは Sさん Tさん Yさん 一人一人がしたいことや 考えていることを よく 知ることが 必要です。 3人の 楽しいことや 頑張っていること 困っていること 大変なことを 全部 知ることが 必要です。</p>	<p>We need to understand Mr. S, Mrs. T, and Mrs. Y, including all their pleasures, hard work, troubles, and difficulties.</p>
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Narration

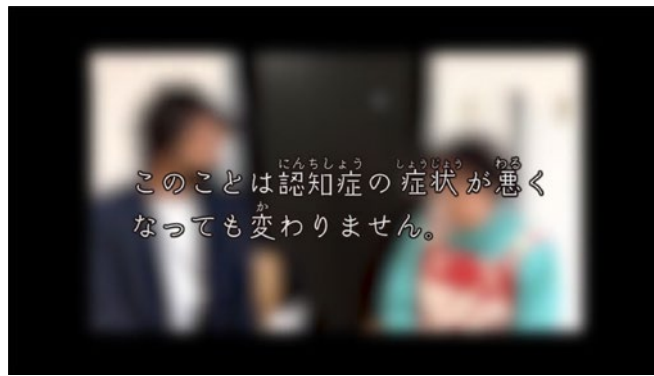
We need to understand Mr. S, Mrs. T, and Mrs. Y, including all their pleasures, hard work, troubles, and difficulties.



<p>あの人は 認知症だから わからない。 認知症でも できることは 何だろう。 このように 考えることは よくありません。 あなたの 前に いるのは 人格を 持った 「人」 だと 考える ことが 大事です。</p>	<p>Before thinking that they cannot understand anything because of dementia or judging what people with dementia can do, it is most important to think of them as "people" with personalities.</p>
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Narration

Before thinking that they cannot understand anything because of dementia or judging what people with dementia can do, it is most important to think of them as "people" with personalities.

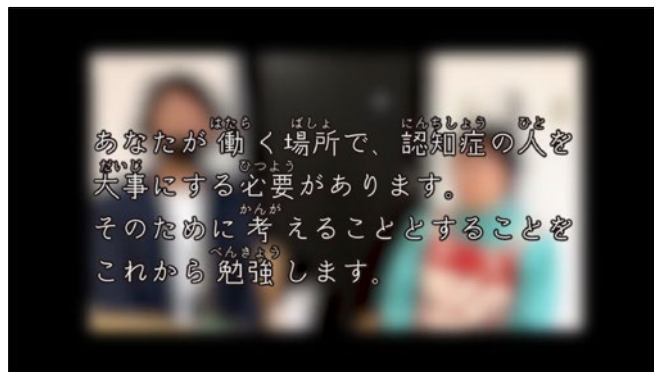


このことは 認知症の 症状 が悪くなっても 変わりません。

This does not change even if their dementia progresses.

Narration

This does not change even if their dementia progresses.



あなたが 働く 場所で、 認知症の人を 大事にする 必要が
あります。
そのために 考えることと することを これから 勉強します。

We would like to introduce the mindset and methods in detail
so that you can practice them at work.

Narration

We would like to introduce the mindset and methods in detail so that you can practice them at work.

1 認知症ケアをする時に
大切なことと考えること

1 ぱーそん せんたーど けあ
パーソン・センタード・ケア

だい しょう にんちしょう けあ 第1章 認知症ケアをする時に大切なことと考えること	Chapter 1 Basic principles and mindset toward dementia care
① ぱーそん せんたーど けあ ① パーソン・センタード・ケア	① Person-Centered Care

Narration

We have listened to the actual stories of three people. What is person-centered care?

Let's learn about the basic mindset toward dementia care in recent years, as well as Person-centered care.



ぱーそん せんたーど けあ パーソン・センタード・ケア	Person-Centered Care
にんちしょう びょうき なお けあ 認知症という 病気を 治すための ケアではない。 けいけん せいかつ だいじ けあ 経験したことや 生活を 大事にする ケアのこと。	The idea of care that focuses on the lifestyle and daily life of the patient, not for the condition called dementia
かいご ひと けあ 介護をする人たちだけが どんなケアをするか を 決めるの ではない。 けあ う ひと かんが けいけん けあ ケアを 受ける人のことを 考えて決める ケアのこと。	Care that is not chosen by the service provider, but chosen by focusing on the patient
けあ う ひと けいけん ケアを 受ける人が これまで 経験したこと、したいこと、 かんが いちばんだいじ 考えていることを 一番大事にする。 けあ う ひと こころ なか けいけん ケアを 受ける人 の 心の中で あったことを 聞くことが さいしょ けあ かんが 最初にする ケアだと 考える。	The way of thinking that places the people's histories, needs, and personalities at the center of care and considers listening to their inner experiences as the base of care

Narration

Person-centered care is an approach where the person receiving healthcare is placed in the center. A British psychologist, Tom Kitwood, introduced this idea.

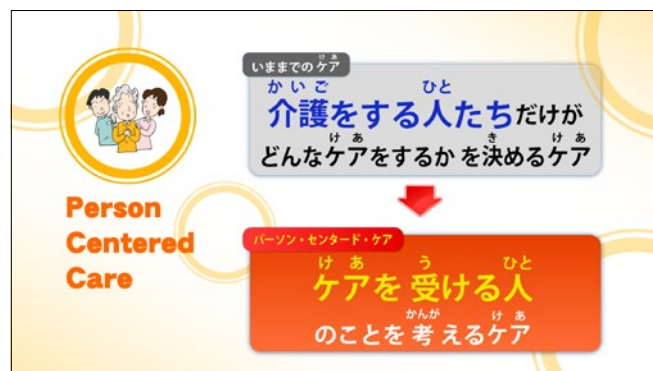


いままでのケア	Traditional Care
「認知症」という病気だけを考えたケア	Care that targets a condition called "dementia"
パーソン・センタード・ケア	Person-Centered Care
経験したことや生活を大事にするケア	Care that focuses on the lifestyle and daily life

Narration

Dementia care so far has been considered the type of care of which the target is a disease called "dementia."

However, Person-centered care focuses on the person's life history, human traits, and current life.

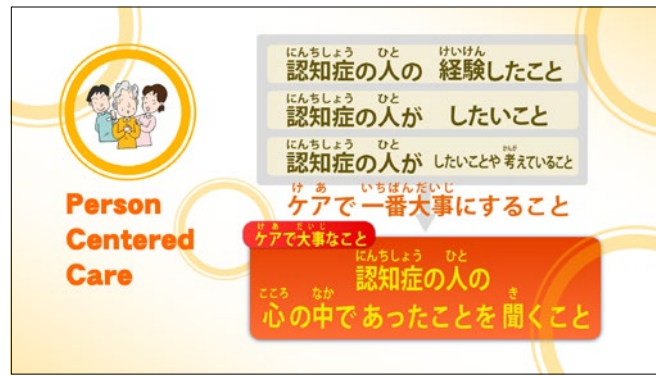


これまでのケア	Traditional Care
介護をする人たちだけがどんなケアをするかを決めるケア	Chosen by the service provider
パーソン・センタード・ケア	Person-Centered Care
ケアを受ける人のことを考えるケア	Chosen by focusing on the one who uses the service

Narration

Dementia care so far has been chosen by the service provider.

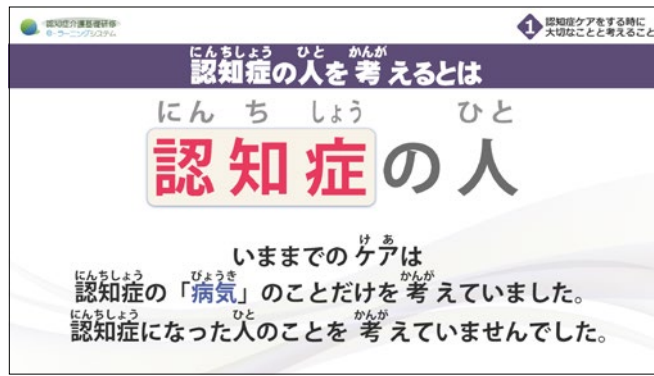
However, in Person-centered care, the care is chosen by focusing on the patient.



にんちしょう ひと けいけん 認知症の人の 経験したこと	History
にんちしょう ひと 認知症の人が したいこと	Needs
にんちしょう ひと かんが 認知症の人が したいことや 考えていること	Personality
け あ いちばんだいじ ケアで 一番大事にすること	Center of care
け あ だいじ ケアで 大事なこと	Focus of care
にんちしょう ひと こころ なか き 認知症の人の 心の中を 聞くこと	Listening to the inner experiences

Narration

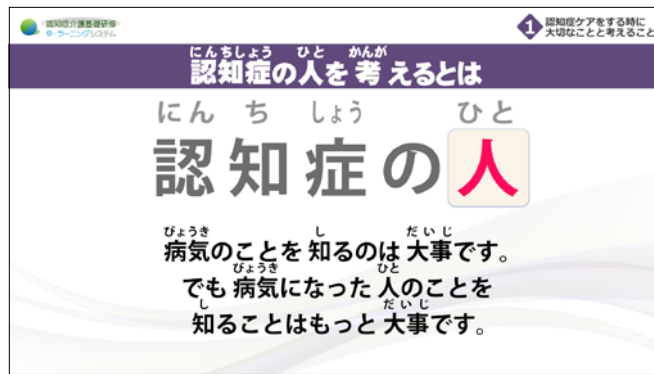
In addition, Person-centered care is the way of thinking that emphasizes the people's life histories, desires, human traits, and personalities and focuses on care that listens to what they are experiencing now.



にんちしょう ひと かんが 認知症の人を考えると	Understanding people with dementia
にんちしょう ひと 認知症の人	People with dementia
いままでの ケアは 認知症の「病気」のことだけを 考えて いました。 認知症になった人のことを 考えて いませんでした。	Traditional dementia care has considered dementia as a "condition" and has not focused on the people

Narration

In the care field so far, we have focused on the "condition" part of dementia and considered how to diagnose and deal with various symptoms.
 In other words, we have focused on the dementia condition without much attention to the people-understanding point of view.

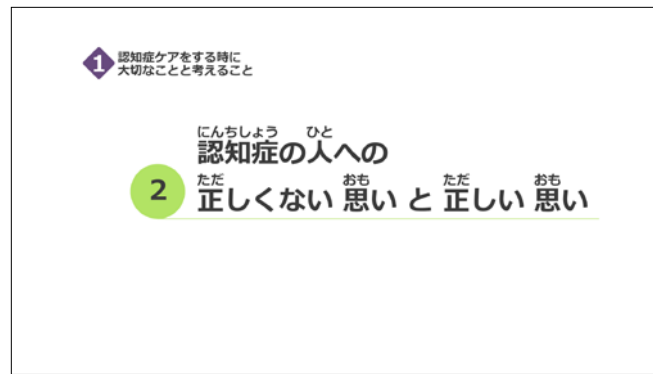


にんちしょう ひと かんが 認知症の人を考えると	Understanding of people with dementia
にんちしょう ひと 認知症の人	People with dementia
病気のことを知るのことは大事です。 でも 病気になった人のことを知ることはもっと大事です。	Understanding the condition is important, but understanding the people with the condition is important as well

Narration

However, Person-centered care has pointed out that while understanding the condition is important, it is also vital to understand the patients as people having a condition.

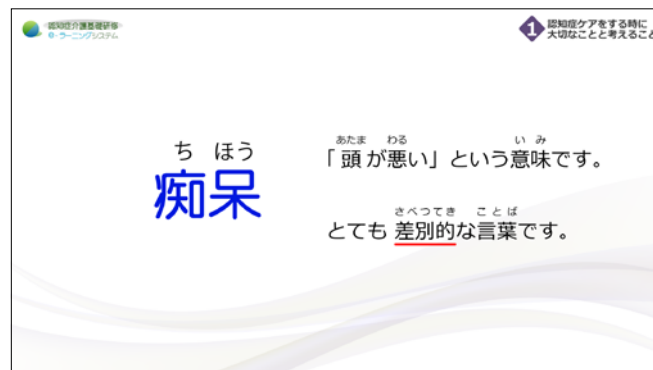
2 Prejudice and misunderstanding toward people with dementia and the resolutions



だい しょう にんちしょう け あ とき たいせつ かんが 第1章 認知症ケアをする時に大切なことと考えること	Chapter 1 Basic principles and mindset toward dementia care
② にんちしょう ひと ただ おも ただ おも ② 認知症の人への 正しくない思いと正しい思い	② Prejudice and misunderstanding toward people with dementia and the resolutions

Narration

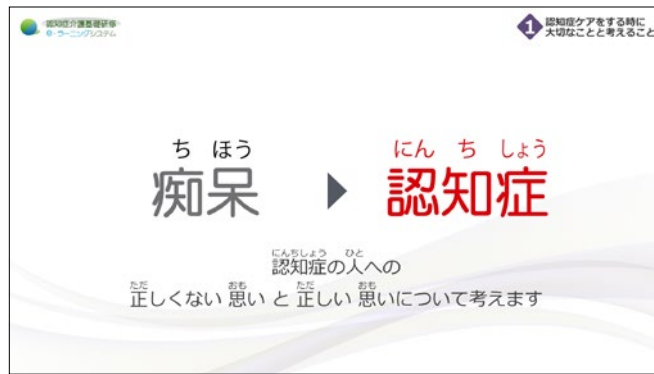
Dementia was once called “Chihou” in Japanese.



ち ほう 痴呆	Chihou
あたま わる い み 「頭が悪い」という意味です。 とても 差別的な言葉です。	Means "foolish thing" in Japanese, a very discriminatory expression

Narration

The name's two Chinese characters “chi” and “hou” both mean “foolish,” which is a very discriminatory expression and does not express the true meaning of the condition.



ちほう 痴呆	Chihou
にんちしょう 認知症	Dementia
にんちしょう ひと 認知症の人への 正しくない思い と 正しい 思いについて かんが 考えます。	Let's think about the prejudice and misunderstandings toward people with dementia

Narration

Therefore, the Japanese name “Chihou” was changed to “Ninchishou” in 2004. By changing the name of the condition, we tried to eliminate the prejudice toward it. Let's think about the prejudice and misunderstandings toward people with dementia.



にんちしょう ひと へ の ただ 正しくない おも 思い と ただ 正しい おも 思い 認知症の人への 正しくない思いと正しい思い	Prejudice/misunderstanding about dementia and the resolutions
にんちしょう へ の ただ 正しくない おも 思い や、 にんちしょう け あ 認知症ケア = 「おーるど かる ちゃー 古い ぶんか カルチャー」古い文化	The care culture where prejudice and misunderstandings toward dementia, people with dementia, or dementia care existed - Old Culture
とむ・きつとうど (1937~1998) トム・キットウッド (1937~1998)	<u>Tom Kitwood</u>
ぱーそん・せんたード・けあを 最初に 言った パーソン・センタード・ケアを最初に言った	Person-Centered Care Advocate

Narration

Tom Kitwood, who proposed Person-centered care, called the care culture where prejudice and misunderstandings toward dementia, people with dementia, or dementia care existed, "old culture." It means the old way of thinking.

Glossary

Tom Kitwood : Tom Kidwood is a British psychologist.

ふる ふん かし 古い文化	
みんなが かんが 考えていたこと	認知症は じんかく と じこ が 壊れる 怖い 病気
認知症の ことを知る	医者や 脳科学者が 言ったことを聞く
研究の大切な点	認知症の人にできることは 少ない
必要な ケア	安全に 生活する場所と 体の ケアが多い
最初に わからなければいけないこと	認知機能障害やからだ、 病気がどのくらい 悪くなっているか
BPSD への ケア	「問題行動」は 上手に 少ない 時間で ケアをすることが 大事
介護する人の 気持ち	介護する人の 気持ちは 考えない 上手に 少ない 時間で ケアをすることが 大事

(出典) Kitwood, T. 「Dementia Reconsidered」 (1997)

ふる ふん かし 古い文化	Old Culture
みんなが かんが 考えていたこと	General view
認知症は じんかく と じこ が 壊れる 怖い 病気	A terrifying condition in which one's personality and self were destroyed
認知症の ことを知る	Knowledge source
医者や 脳科学者が 言ったことを聞く	Should come from doctors and brain scientists
研究の大切な点	Research focus
認知症の人にできることは 少ない	Hardly help people with dementia in any positive way
必要な ケア	Necessary care
安全に 生活する場所と 体の ケアが多い	Focus on a safe environment and physical care
最初に わからなければいけないこと	Prioritized understanding
認知機能障害やからだ、 病気が どのくらい 悪くなっているか	Understanding of disability (especially cognitive impairment) and progression
BPSD への ケア	BPSD treatment
「問題行動」は 上手に 少ない 時間で ケアをすることが 大事	Efficient management of "problem behaviors" is important
介護する人の 気持ち	Caregivers' feelings
介護する人の 気持ちは 考えない	Ignore the negative feelings of the caregiver and divide work based on efficiency
上手に 少ない 時間で ケアをすることが 大事	
(出典) Kitwood, T 「Dementia Reconsidered」 (1997)	(Source) Kitwood, T Dementia Reconsidered (1997)

Narration

As shown in the figure, in the "old culture," dementia was generally understood as a terrifying condition in which one's personality and self were changed or destroyed.

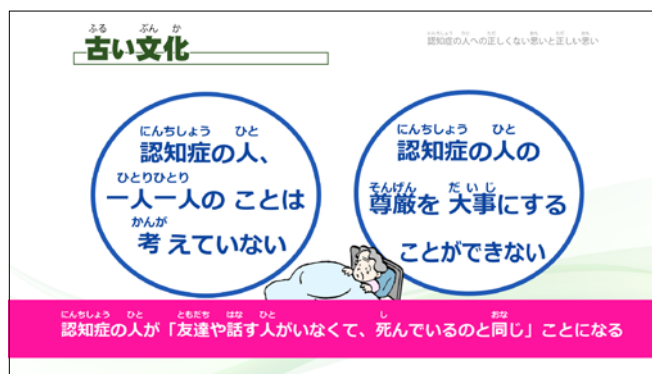
In addition, people said that knowledge about dementia had to come from doctors, and the important points of dementia research rarely reached out to people with dementia and mainly focused on providing a safe environment and physical care.

In the old culture mindset, it was most important to understand the cognitive dysfunction and the stages of the condition progression. The behavioral and psychological symptoms of dementia (BPSD) were regarded as "problem behaviors."

And it was essential to deal with BPSD well and effectively.

In other words, the caregivers' anxieties, weaknesses, and negative emotions were ignored as long as

they could provide care well and effectively.



ふる ぶんか 古い文化	Old Culture
にんちしょう ひと ひとりひとり かんが 認知症の人、一人一人のことは考えていない	Individuality is not considered
にんちしょう ひと そんげん だいじ 認知症の人の尊厳を大事にすることができない	Maintaining the dignity of people with dementia is not expected
にんちしょう ひと ともだち はな ひと し おな 認知症の人が「友達や話す人がいなくて、死んでいるのと同じ」ことになる	Lead to the "social death" of people with dementia

Narration

Nowadays, addressing dementia in that way is no longer considered a good approach.

The reason is that the approach discriminates against people with dementia and does not consider their individualities.

Moreover, the old culture does not provide care that focuses on the dementia symptoms, causing the people with dementia to lose their dignity, a crucial feeling.

Professor Kitwood said this situation was identical to "social death," which makes people with dementia feel lonely and lose hope. In this situation, the society considers them to be dead even though they are still alive.

ふる ぶん か 古い文化	
みんなが 考えていたこと	認知症は人格と自己が壊れる 怖い病気
認知症の ことを知る	医者や脳科学者が言ったことを聞く
研究の大切な点	認知症の人にできることは少ない
必要な ケア	安全に生活する場所と体のケアが多い
最初に わからなければいけないこと	認知機能障害やからだ、病気がどのくらい悪くなっているか
BPSD への ケア	「問題行動」は上手に少ない時間でケアをすることが大事
介護する人の 気持ち	介護する人の気持ちは考えない 上手に少ない時間でケアをすることが大事

(出典) Kitwood, T. 「Dementia Reconsidered」 (1997)

ふる ぶん か 古い文化	Old Culture
みんなが 考えていたこと	General view
認知症は 人格と自己が壊れる 怖い病気	A terrifying condition in which one's personality and self were destroyed
認知症の ことを知る	Knowledge source
医者や脳科学者が言ったことを聞く	Should come from doctors and brain scientists
研究の大切な点	Research focus
認知症の人にできることは少ない	Hardly help people with dementia in any positive way
必要な ケア	Necessary care
安全に生活する場所と体のケアが多い	Focus on a safe environment and physical care
最初に わからなければいけないこと	Prioritized understanding
認知機能障害やからだ、病気がどのくらい悪くなっているか	Understanding of disability (especially cognitive impairment) and progression
BPSD への ケア	BPSD treatment
「問題行動」は上手に少ない時間でケアをすることが大事	Efficient management of "problem behaviors" is important
介護する人の 気持ち	Caregivers' feelings
介護する人の気持ちは考えない 上手に少ない時間でケアをすることが大事	Ignore the negative feelings of the caregiver and divide work based on efficiency
(出典) Kitwood, T 「Dementia Reconsidered」 (1997)	(Source) Kitwood, T Dementia Reconsidered (1997)

Narration

Therefore, looking back on this past, we should change

あたら ぶん か 新しい文化		認知症の人への正しく思い正しい思い
みんなが かんが 考えていたこと	認知症は「心や体が良くないこと」だと考える 症状はケアをどうやるかで変わる	
にんちしょう ことを知る 長い時間 ケアを している人に 聞くのが 一番いい		
研究の大切な点	人をよく知りわかること ケアの技術をよくすること	
必要な ケア	認知症の人たちがしたいことや考えていることを大事にしてもっとよくすることが大事。 また安全なことや体のケアをすることも必要	
最初に わからなければいけないこと	その人だけが持っている良い部分、できること、好きなこと、興味があること、大事にしていること、心のことを正しくわかること	
BPSD への ケア	BPSD とは、認知症の人がしたいことを教えようとしている	
介護する人の 気持ち	介護する人の気持ちを大事にして、元気な気持ちに変えていく	

(出典) Kitwood, T. 「Dementia Reconsidered」 (1997)

あたら ぶん か 新しい文化	New Culture
みんなが かんが 考えていたこと	General view
にんちしょう 認知症は「心や体が良くないこと」だと考える しょうじょう 症状は ケアを どうやるかで 変わる	Should be seen as a “disorder,” symptoms depend on the quality of care
にんちしょう 認知症の ことを知る	Knowledge source
なが 長い時間 ケアを している人に 聞くのが 一番いい	Skilled, insightful care practitioners are the most reliable
けんきゅう 研究の大切な点	Research focus
ひと 人を よく知り わかること ケアの 技術を よくすること	Human understanding (insight) and skill development
ひつよう 必要な ケア	Necessary care
にんちしょう 認知症の人たちが したいことや 考えていることを 大事に してもっと よくすることが 大事。 また 安全なことや 体の ケアを することも 必要	Maintaining and improving humanity and individuality are important (safety and physical care are part of the process)
さいしょ 最初に わからなければいけないこと	Prioritized understanding
その人だけが持っている良い部分、できること、好きなこと、興味があること、大事にしていること、心のことを 正しく わかること	A clear and accurate understanding of individual abilities, preferences, interests, values, and spirituality
びーびーえすでいー B P S D へのケア	BPSD treatment
びーびーえすでいー B P S D とは、認知症の人がしたいことを教えようとして いる	Positively understand the patients' attempts to communicate their needs
かいご 介護する人の 気持ち	Caregivers' feelings
かいご 介護する人の 気持ちを 大事にして、元気な気持ちに 変えて いく	Value the emotions of caregivers and turn them into positive resources for long-term care.
しゅってん (出典) Kitwood,T 「Dementia Reconsidered」 (1997)	(Source) Kitwood,T Dementia Reconsidered (1997)

Narration

from the “Old culture” to the “New culture.”

あたら ぶん か 新しい文化		認知症の人への正しくない思いと正しい思い
みんなが かんが 考えていたこと	認知症は「心や体が良くないこと」だと考える 症状はケアをどうやるかで変わる	
にんちしょう ことを知る 長い時間 ケアを している人に 聞くのが 一番いい		
けんきゅうの大切な点	人をよく知りわかること ケアの技術をよくすること	
必要な ケア	認知症の人たちがしたいことや考えていることを大事にしてもっとよくすることが大事 また安全なことや体のケアをすることも必要	
最初に わからなければいけないこと	その人だけが持っている良い部分、できること、好きなこと、興味があること、 大事にしていること、心のことを正しくわかること	
BPSD への ケア	BPSDとは、認知症の人がしたいことを教えようとしている	
介護する人の 気持ち	介護する人の 気持ちを大事にして、元気な気持ちに変えていく	

(出典) Kitwood, T. 「Dementia Reconsidered」 (1997)

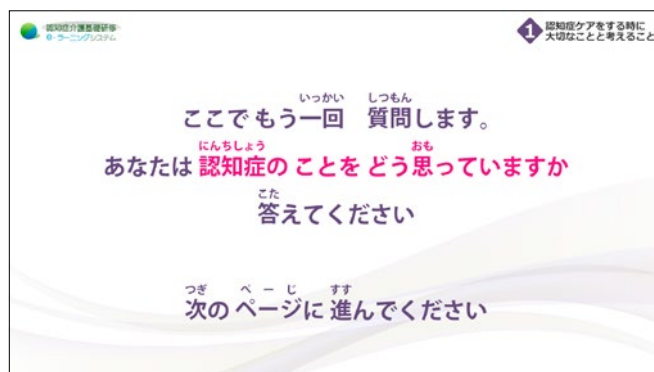
あたら ぶん か 新しい文化	New Culture
みんなが かんが 考えていたこと	General view
にんちしょう 認知症は「心や体が良くないこと」だと考える	Should be seen as a "disorder," symptoms depend on the quality of care
しょうじょう 症状は ケアを どうやるかで 変わる	Knowledge source
にんちしょう 認知症の ことを知る なが 長い時間 ケアを している人に 聞くのが 一番いい	Skilled, insightful care practitioners are the most reliable
けんきゅうの大切な点	Research focus
ひと 人をよく知り、わかること ケアの 技術を よくすること	Human understanding (insight) and skill development
必要な ケア	Necessary care
にんちしょう 認知症の人たちがしたいことや 考えていることを 大事に して もっと よくすることが 大事 また 安全なことや 体の ケアをすることも 必要	Maintaining and improving humanity and individuality are important (safety and physical care are part of the process)
最初に わからなければいけないこと	Prioritized understanding
その人だけが持っている 良い部分、できること、好きなこと、 興味があること、大事にしていること、心のことを 正しく わかること	A clear and accurate understanding of individual abilities, preferences, interests, values, and spirituality
BPSD への ケア	BPSD treatment
BPSD とは、認知症の人がしたいことを教えようとして いる	Positively understand the patients' attempts to communicate their needs
介護する人の 気持ち	Caregivers' feelings
介護する人の 気持ちを 大事にして、元気な気持ちに 変えて いく	Value the emotions of caregivers and turn them into positive resources for long-term care.
(出典) Kitwood, T 「Dementia Reconsidered」 (1997)	(Source) Kitwood, T Dementia Reconsidered (1997)

Narration

As shown in the figure, in the "New culture," dementia is viewed as a "disability," and the symptoms change depending on the quality of care.

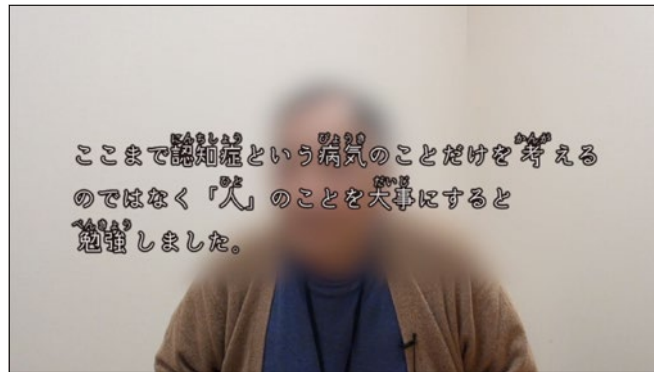
Also, the most reliable knowledge about dementia comes from care practitioners who have had many

years of experience in care, and have observed things closely to know the right things to do. An important point of dementia research is that understanding of human beings, the ability to observe things closely to know the right things to do, and technology development are all required. Additionally, it is crucial that the human traits and individuality of the people with dementia should be protected and improved. Providing safety and physical care are part of the process. To that end, it is crucial to understand each person's mind first, such as their abilities, favorite things, interests, and special values. Besides, the behavioral and psychological symptoms of dementia (BPSD) is considered as their ways of communication to convey their needs. Moreover, caregivers' emotions should be valued, and it is important to turn the caregivers' anxieties, weaknesses, and negative emotions into positive resources.



<p>ここで もう一回 質問します。 あなたは 認知症の ことを どう 思っていますか 教えてください</p>	<p>Answer the questions based on your own imagination about dementia again</p>
<p>次の ページに 進んでください</p>	<p>Please proceed to the next page</p>

3 Caregivers' perspective

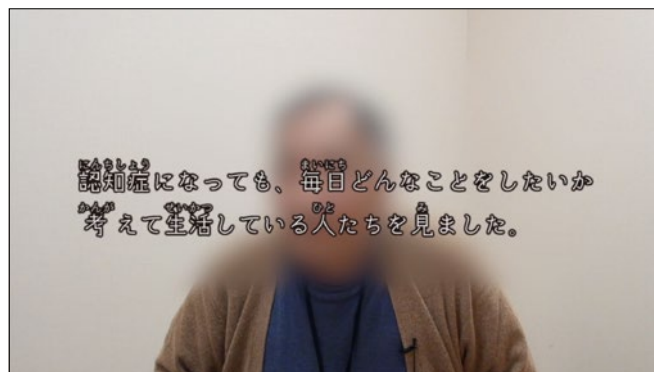


ここまで 認知症^{にんちしやう}という 病気^{びやうき}のことだけを かんが^{かんが}えるのではな
く「人」^{ひと}のことを だいじ^{だいじ}にすると べんきやう^{べんきやう}しました。

So far, we have learned the importance of focusing on the "people" rather than the dementia condition.

Narration

So far, we have learned the importance of focusing on the "people" rather than the dementia condition.

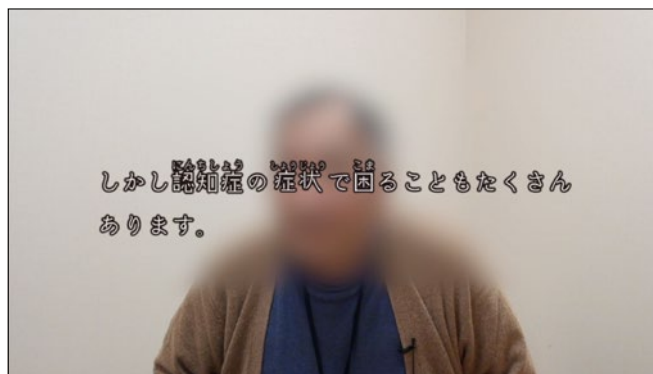


認知症^{にんちしやう}に なっても、毎日^{まいにち} どんなことをしたいか かんが^{かんが}えて
せいかつ^{せいかつ}生活している ひと^{ひと}たちを みました。

In addition, you have seen how people can live their life optimistically even if they have dementia.

Narration

In addition, you have seen how people can live their life optimistically even if they have dementia.

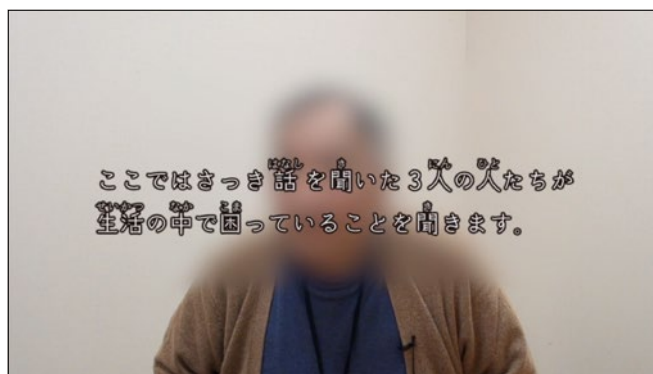


しかし にんちしょう 認知症の しょうじょう 症状で こま 困ることもたくさんあります。

However, many of them have numerous difficulties due to the symptoms of dementia.

Narration

However, many of them have numerous difficulties due to the symptoms of dementia.

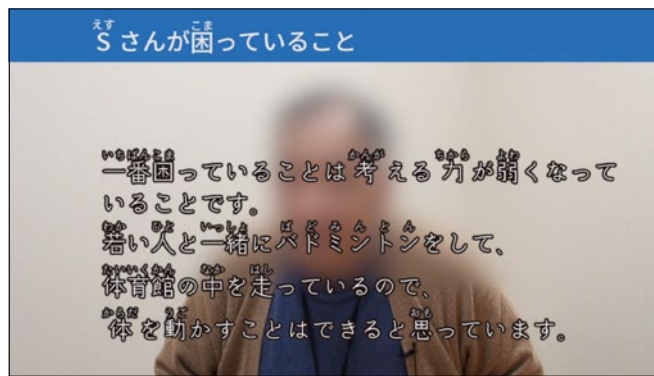


ここでは さっき はなし 話を き 聞いた にん 3人の人たちが せいかつ 生活の中で こま 困っていることを き 聞きます。

Here, let's hear the three people we met earlier talking about difficulties in their daily lives.

Narration

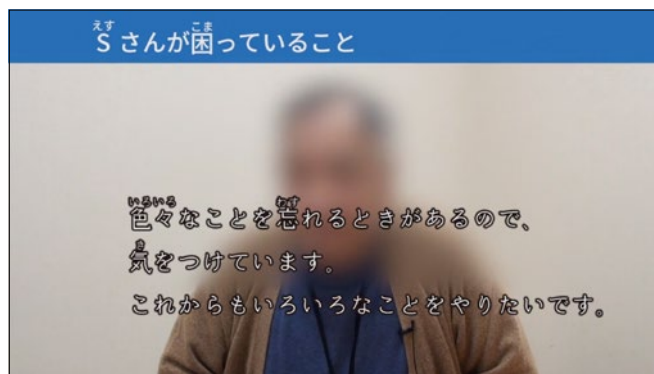
Here, let's hear the three people we met earlier talking about difficulties in their daily lives.



えす Sさんが困っていること	Mr. S's troubles
いちばん こそ 一番困っていることは かんが ちから よわ 考える力が弱くなっていること です。	After all, the first thing is that my mind does not work well anymore.
わか ひと いっしょに ぼど みんとん 若い人と一緒にバドミントンをして、 たいいくかん なか はし 体育館の中を走っているので、 からだ うご 体を動かすことはできと思っています。	I am still able to practice badminton with young people in the gymnasium, so I don't think my body is weak,

Narration

After all, the first thing is that my mind does not work well anymore.



えす Sさんが困っていること	Mr. S's troubles
いろいろ 色々なことを忘れるときがあるので、気をつけています。 これからもいろいろなことを やりたいです。	but sometimes I forget a lot of things, so I have to be careful, and many things become challenges to me.

Narration

I am still able to practice badminton with young people in the gymnasium, so I don't think my body is weak, but sometimes I forget a lot of things, so I have to be careful, and many things become challenges to me.



えす Sさんが困っていること	Mr. S's troubles
えす Sさんは最近覚える力が一番弱くなっていると思います ます (スタッフ)	I think his ability to memorize recent events deteriorates the most. (staff)

Narration

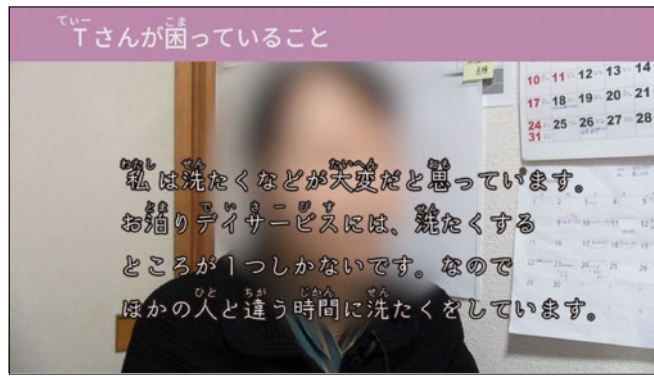
According to the day service staff, he often forgets things that just happened recently.
I think his ability to memorize recent events deteriorates the most.



えす Sさんが困っていること	Mr. S's troubles
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Narration

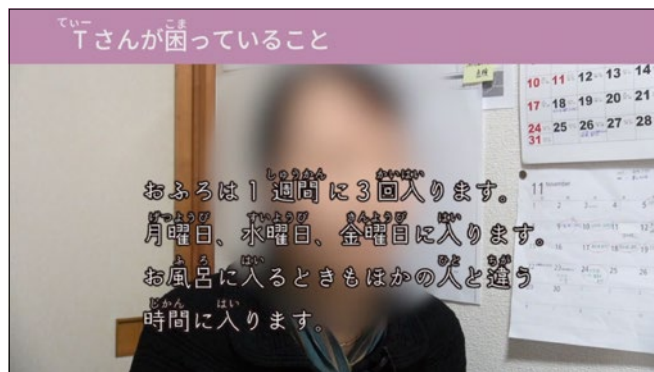
Mr. S is practicing by memorizing proverbs at home and always looking words up in a dictionary and copying them in a notebook at the day service.
You can see that Mr. S seems anxious about his future.



<p>ていー こそま Tさんが困っていること</p>	<p>Mrs. T's troubles</p>
<p>わたし せん 私は洗たくなどが大変だと思っています。</p>	<p>I think it's a little difficult to do chores like the laundry.</p>
<p>とま ていさーびす お泊りサービスには、洗たくをするところが1つ かないです。なのでほかの人と違う時間に洗たくをして います。</p>	<p>Since there is only one laundry room, we have to wait for our turns.</p>

Narration

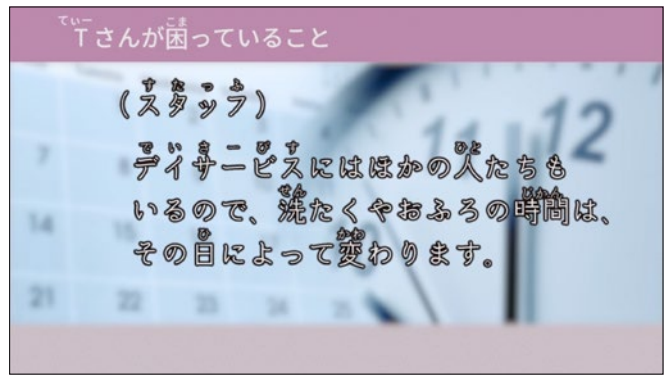
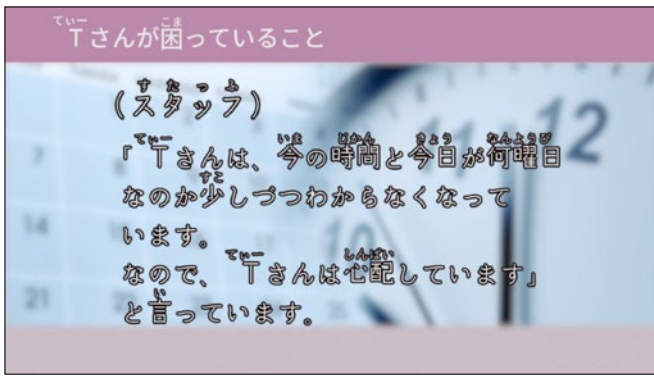
I think it's a little difficult to do chores like the laundry.
Since there is only one laundry room, we have to wait for our turns.



<p>ていー こそま Tさんが困っていること</p>	<p>Mrs. T's troubles</p>
<p>お風呂は1週間に3回入ります。 げつようび すいようび きんようび はい 月曜日、水曜日、金曜日に入ります。 お風呂に入るときもほかの人と違う時間に入ります。</p>	<p>Similarly, my turn for taking a bath is three times a week on Monday, Wednesday, and Friday. We go in order.</p>

Narration

Similarly, my turn for taking a bath is three times a week on Monday, Wednesday, and Friday. We go in order.

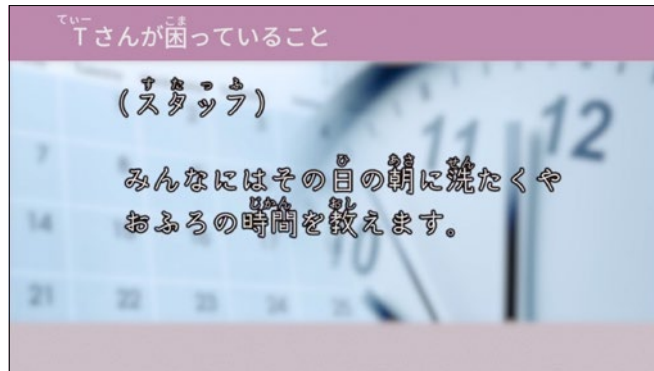


ていー Tさんが 困っていること	Mrs. T's troubles
す た っ ふ (スタッフ)	(staff)
ていー いま じかん きょう なんようび すこ 「Tさんは、今の時間と 今日が何曜日なのか 少しずつ わか らなくなっています。なので、Tさんは 心配しています」 と 言っています。	According to the staff, Mrs. T feels anxious because she is getting confused about the time and the day of the week.
てい さーびす ひと デイサービスには ほかの 人たちも いるので、洗たくや お ふろの 時間は、その日によって 変わります	Laundry and bathing times vary daily due to the presence of others in the day service.,

Narration

According to the staff, Mrs. T feels anxious because she is getting confused about the time and the day of the week.

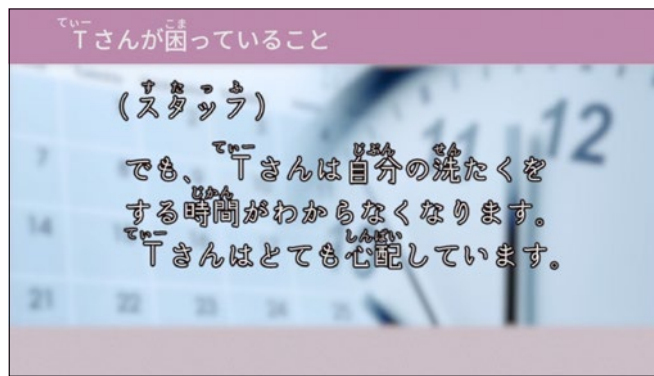
Of course, other people have the same problem with time, and since the time is always changing,



ていー Tさんが 困っていること	Mrs. T's troubles
す た っ ふ (スタッフ)	(staff)
みんなには その日の 朝に 洗たくや おふろの 時間を おし えます。	they constantly ask, "What time is it?" so we announce the time to everyone in the morning,

Narration

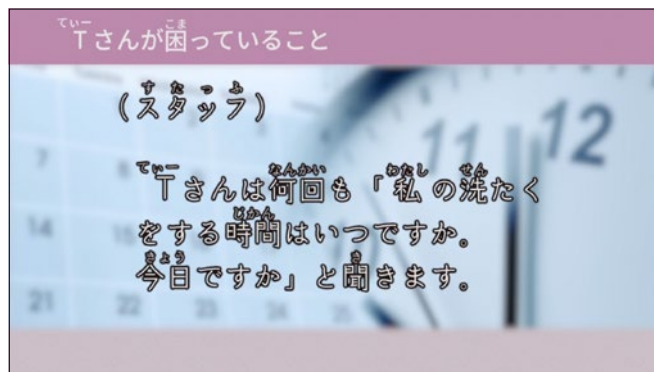
they constantly ask, "What time is it?" so we announce the time to everyone in the morning,



ていー Tさんが 困っていること	Mrs. T's troubles
す た っ ぷ (スタッフ)	(staff)
でも、ていー Tさんは じぶん せん 洗たくをする じかん 時間がわからなくな ります。 ていー Tさんは とても しんぱい 心配しています。	but they are still worried that they will forget the time that has been announced.

Narration

but they are still worried that they will forget the time that has been announced.



ていー Tさんが 困っていること	Mrs. T's troubles
す た っ ぷ (スタッフ)	(staff)
ていー Tさんは なんかい わたし せん 洗たくをする じかん 時間はいつですか。 きょう 今日ですか」と聞きます。	Mrs. T repeatedly asks, "When is the washing time? Is it today?"

Narration

Because they keep asking, "What time is it? What day is it?" over and over again,



ていー Tさんが困っていること	Mrs. T's troubles
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Narration

it seems that they are worried that they would bother others because they do not know the time.



わい Yさんが困っていること	Mrs. Y's troubles
ぐるーぷほーむはいまえ グループホームに入る前 まっすぐある歩くことができませんでした じぶんいえろうか 自分の家の廊下やお風呂でけがをすることもありまし た	Before entering the group home, she walked with a stagger and had fallen in her hall and bathroom

Narration

Before entering the group home, Mrs. Y walked with a stagger and had fallen in her hall and bathroom.



わい Yさんが困っていること	Mrs. Y's troubles
物のなくすことが多くなりました	Look for things more frequently
料理を どうやって 作るかを 忘れることも 多くなりました	Forget cooking recipes
出かけてから 自分の 家に 帰ることが できないときもあり ました	Could not come home after going out

Narration

In addition, it seems that she often had to look for things, forgot cooking recipes, and could not find her house after going out.



わい Yさんが困っていること	Mrs. Y's troubles
何もしないと 心配になります	Feel uneasy if doing nothing
心の病気を治す病院に行っています	Regular psychiatric treatment

Narration

Even now, Mrs. Y feels uneasy if she does nothing and is undergoing regular psychiatric treatment.



えす ていー わい にんちしょう
 Sさん、Tさん、Yさんは 認知症です。
 でも 自分が持っている 力を使うこと、考えること で た
 くさんのことをして 生活しています。
 たの せいかつ
 楽しく 生活しています。

Despite having dementia, Mr. S, Mrs. T, and Mrs. Y are trying their best to live actively and enjoy their lives as before.

Narration

Despite having dementia, Mr. S, Mrs. T, and Mrs. Y are trying their best to live actively and enjoy their lives as before.

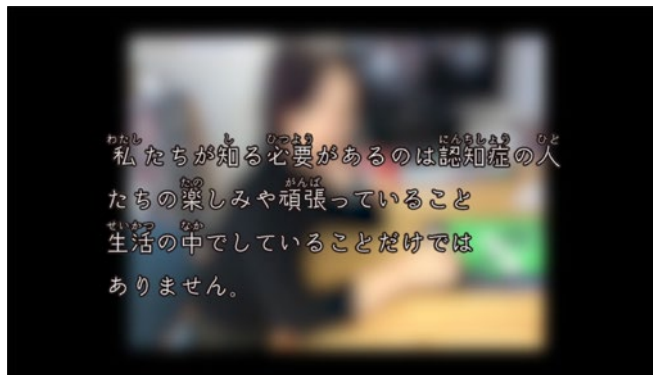


しかし、毎日の生活では 困ったことも 増えています

However, it is also a fact that they are facing more and more difficulties.

Narration

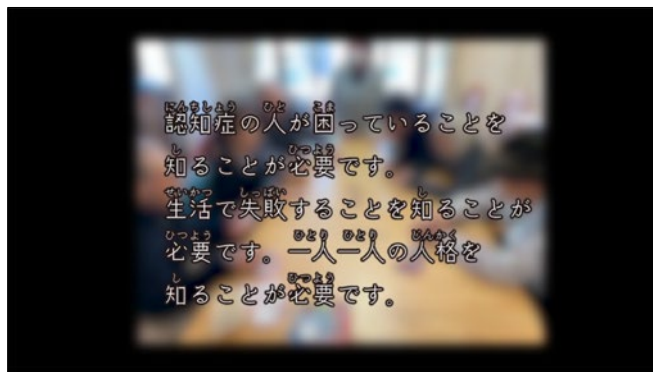
However, it is also a fact that they are facing more and more difficulties.



<p>私たちが知る必要があるのは認知症の人たちの楽しみや頑張っていること生活の中でしていることだけではありません</p>	<p>We need to understand each person's personality, including their enjoyment, hard work, what they do in their daily lives,</p>
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Narration

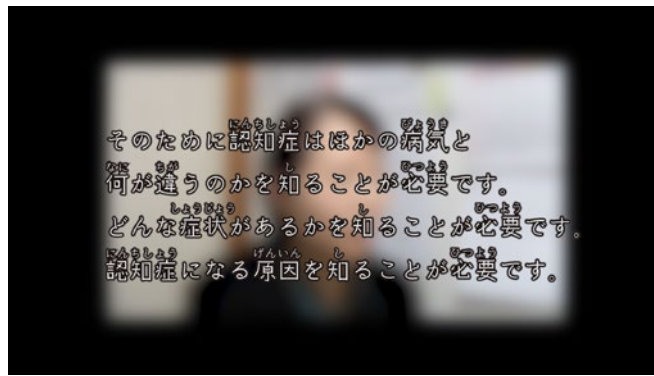
We need to understand each person's personality,



<p>認知症の人が困っていることを知る必要があります。生活で失敗することを知ることが必要です。一人一人の人格を知ることが必要です</p>	<p>but also the difficulties and problems they are facing.</p>
--	--

Narration

including their enjoyment, hard work, what they do in their daily lives, but also the difficulties and problems they are facing.



そのために 認知症は ほかの 病気と 何が 違うのかを 知る
 ことが 必要です
 どんな 症状 が あるかを 知ることが 必要です
 認知症になる 原因を 知ることが 必要です

To do so, we need to understand the characteristics of dementia and its symptoms and factors.

Narration

To do so, we need to understand the characteristics of dementia and its symptoms and factors.

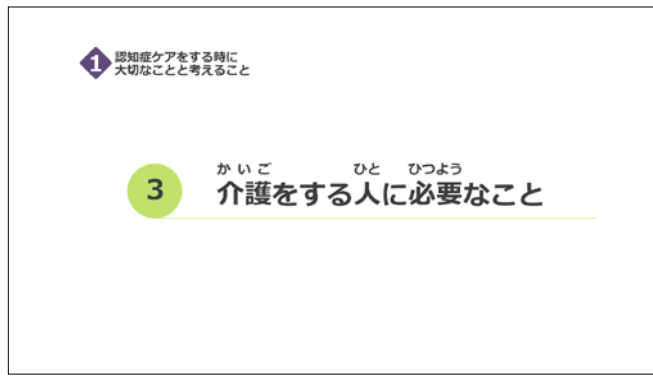


一番 大事なのは、一人一人の「人」と 向き合うことです

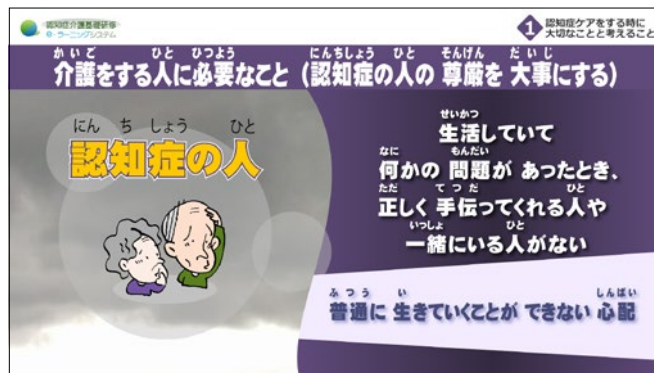
And most importantly, we need to treat each patient as a person.

Narration

And most importantly, we need to treat each patient as a person.



だい しょう にんちしょう け あ とき たいせつ かんが 第1章 認知症ケアをする時に大切なことと考えること	Chapter 1 Basic principles and mindset toward dementia care
③ かいご ひと ひつよう 介護をする人に必要なこと	③ Caregivers' perspective

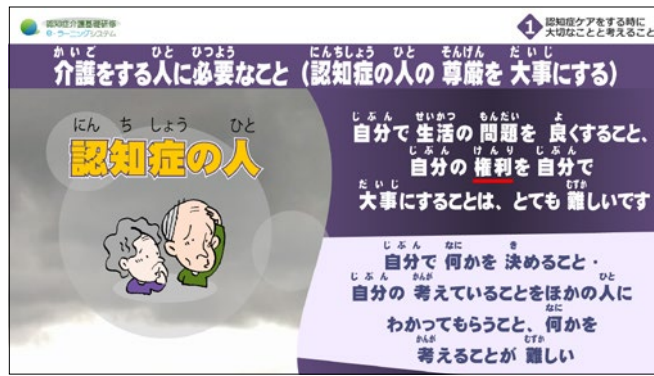


かいご ひと ひつよう にんちしょう ひと そんげん だいじ 介護をする人に必要なこと (認知症の人の尊厳を大事にする)	Caregiver's perspective (maintaining dignity)
にんちしょう ひと 認知症の人	People with dementia
せいかつ なに もんだい あったとき、ただ てつだ くれる人や一緒にいる人がない	Proper support and environment are not provided for those with difficulties in their life
みつう い 普通に生きていくことができない心配	Anxiety that their existence is being threatened

Narration

Similarly to the three people we met earlier, many people with dementia feel inconvenienced in their daily lives due to the dementia symptoms.

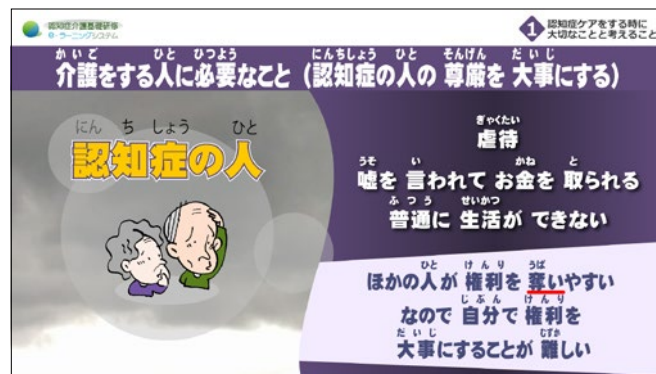
In addition, in many cases, they feel inconvenienced because of the inappropriate treatment, environment, etc., and the anxiety that their lives is being threatened.



<p>かいご ひと ひつよう じんちしょう ひと そんげん だいじ 介護をする人に必要なこと (認知症の人の尊厳を大事にする)</p>	<p>Caregiver's perspective (maintaining dignity)</p>
<p>じんちしょう ひと 認知症の人</p>	<p>People with dementia</p>
<p>じぶん せいかつ もんだい よ じぶん けんり じぶん 自分で生活の問題を良くすること、自分の権利を自分で大事にすることは、とても難しいです</p>	<p>Difficult to escape anxiety and protect rights on their own</p>
<p>じぶん なに き じぶん かんが じぶん かんが 自分で何かを決めること・自分の考えていることをほかの人にわかってもらうこと、何かを考えると難しい</p>	<p>Impairment of cognitive function and judgment for self-determination and self-assertion</p>

Narration

People with dementia have less ability to make decisions on their own and convey their thoughts to others because of the symptoms of dementia.
 Therefore, it is difficult for them to escape anxiety and protect their rights on their own.

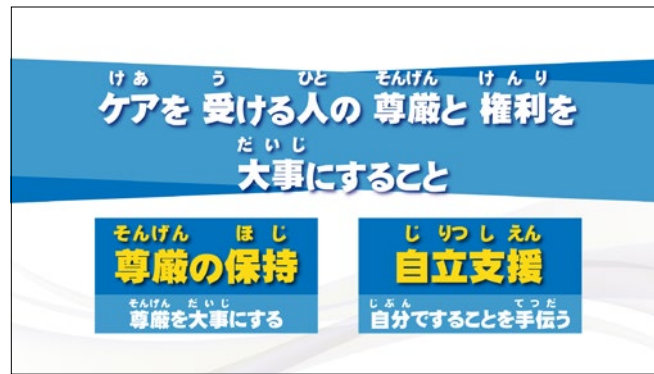


かいご ひと ひつよう にかいご ひと さんげん だいじ 介護をする人に必要なこと (認知症の人の尊厳を大事にする)	Caregiver's perspective (maintaining dignity)
にんちしょう ひと 認知症の人	People with dementia
ぎゃくたい 虐待	Being abused
うそ い おかね と 嘘を言われてお金を取られる	Financial damage
ふつう せいかつ 普通に生活ができない	Living with restrictions
ほかの人 けんり うば ほかの人が権利を奪いやすい なので 自分で けんり だいじ なので自分で権利を大事にすることが難しい	Violation of rights by others is likely to occur, and patients cannot prevent it by themselves

Narration

It is said that people with dementia who are in such a state easily have their rights violated by other people, for example suffering from financial damage such as losing money after being abused or deceived, or being restricted from living normally.

Moreover, people with dementia often find it difficult to protect themselves from those violations of their rights.



<small>けあ う ひと せんげん けんり だいじ</small> ケアを受ける人の 尊厳と 権利を 大事にすること	Maintaining the dignity of service users and protecting their rights
<small>せんげん ほじ せんげん だいじ</small> 尊厳の保持 (尊厳を 大事にする)	Maintaining dignity
<small>じりつしえん じぶん てつだ</small> 自立支援 (自分ですることを 手伝う)	Self-independence support

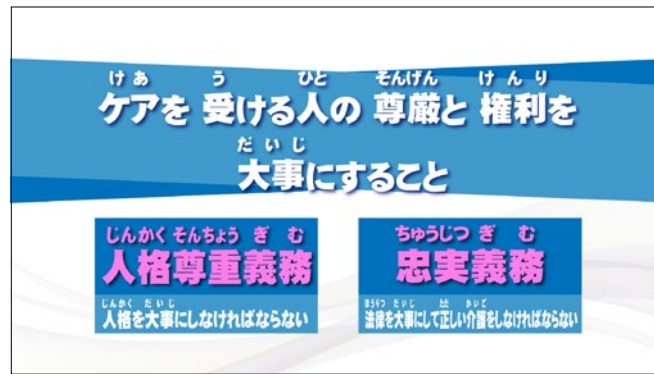
Narration

With this in mind, those engaged in elderly care work, including dementia care, must maintain the dignity of service users and protect their rights.

Maintaining dignity is to protect an important feeling of a person, and self-independence support is to help that person to think and act independently.

For example, according to Article 1 of the Long-Term Care Insurance Act, the purpose is to provide necessary services so that people in need of long-term care can maintain dignity and lead an independent daily life according to their abilities.

This is "maintaining dignity" and "self-independence support."



けあ う ひと そんげん けんり だいじ ケアを受ける人の 尊厳と 権利を 大事にすること	Maintaining the dignity of service users and protecting their rights
じんかくそんちようぎむ じんかく だいじ 人格尊重義務 (人格を大事に しなければならない)	Obligation to respect personalities
ちゅうじつぎむ ほうりつ だいじ ただ かいご 忠実義務 (法律を大事にして 正しい介護を しなければ ならない)	Obligation to work faithfully

Narration

Furthermore, Article 74 of the Long-Term Care Insurance Act has established the “obligation to respect personalities” and the “obligation to work faithfully” that require service providers to respect the personality of the person requiring nursing care (i.e., respect the person's personality and human traits), comply with laws and regulations, and faithfully work for the sake of the person that needs long-term care.

Glossary

Long-Term Care Insurance Act : It is an insurance system and a law for people who need nursing care that started in 2000.



かいご ひと ひつよう にんちしょう ひと そんげん だいじ 介護をする人に必要なこと (認知症の人の尊厳を大事にする)	Caregiver's perspective (maintaining dignity)
にんちしょう ひと 認知症の人	People with dementia
い 生きていくことができない心配	Anxiety that their existence is being threatened
じぶん なに き 決めること・自分の かんが 考えていることを ほかの人に わかってもらうこと、何かを かんが 考えることが 難 しい	Impairment of cognitive function and judgment for self-determination and self-assertion
ほかの人に 自分の けんり 権利を 奪われやすい 自分で けんり 権利を だいじ 大事にすることが 難 しい	Violation of rights by others is likely to occur, and patients cannot prevent it by themselves
そんげん ほじ じりつしえん 尊厳の保持と 自立支援	Maintaining dignity and self-independence support
かいごほけんほう 介護保険法で したいこと	The objectives of Long-Term Care Insurance Act
かいご ひつよう ひと そんげん だいじ 介護が必要な人が 尊厳を 大事にする かいご ひつよう ひと 介護が必要な人が できることを てつだ 手伝い、自分で生活が で きるようにする (第1条)	Provide necessary services so that people in need of long-term care can maintain dignity and lead an independent daily life according to their abilities (Article 1)
じんかくそんちょうぎむ ちゅうじつぎむ 人格尊重義務と 忠実義務	Obligation to respect personalities and obligation to work faithfully
かいご ひつよう ひと じんかく だいじ 介護が必要な人の 人格を 大事にする ほうりつ だいじ 法律を 大事にして かいご ひつよう ひと 介護が必要な人のために 正しい かいご の 仕事を する	Must respect the personality of the person who requires nursing care, comply with laws and regulations, and faithfully work for the sake of the person who needs long-term care (Long-Term Care Insurance Act)

Narration

We are required to understand these purposes and obligations and strive to help the patients maintain their dignity.

4 What is decision-making support in the daily lives and social lives of people with dementia?

1 認知症ケアをする時に大切なことと考えること

認知症の人が毎日の生活・社会生活の中で
 意思決定をするための手伝いとは

4 尊厳を大事にするということは、
 認知症の人が自分で考えて決めることが
 できるように手伝うことです。

<p>第1章 認知症ケアをする時に大切なことと考えること</p>	<p>Chapter 1 Basic principles and mindset toward dementia care</p>
<p>④ 認知症の人が毎日の生活・社会生活の中で意思決定をするための手伝いとは</p>	<p>④ What are decision-making supports in the daily lives and social lives of people with dementia?</p>
<p>尊厳を大事にするということは、認知症の人が自分で考えて決めることができるように手伝うことです。 また、元気に生活ができるように手伝うことです。</p>	<p>Protecting dignity means supporting them to live an active life based on their own wills.</p>

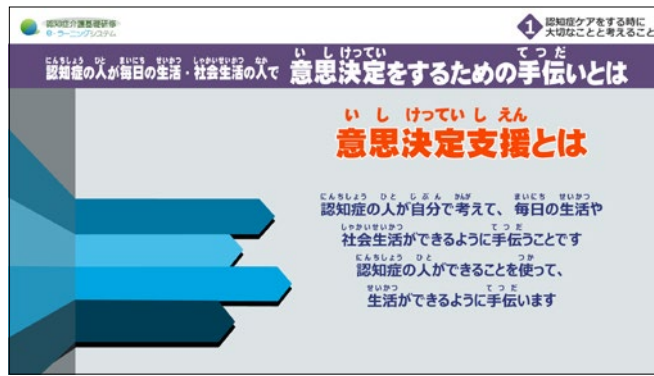
Narration

What should we do to protect the human rights of people with dementia and help them maintain their dignity?

We need to support decision-making in their daily lives.

Similarly to the three people mentioned earlier, many people are actively involved with various activities and enjoy their lives.

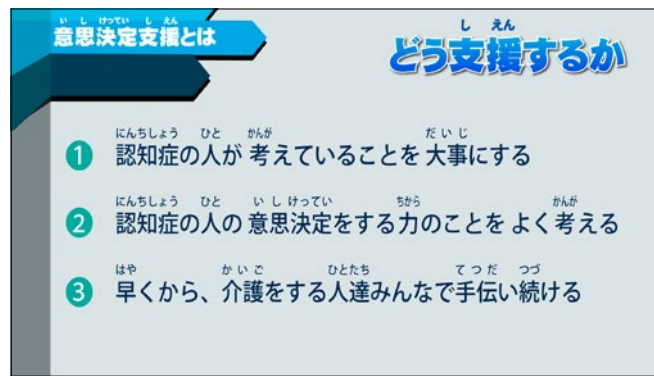
Protecting dignity means supporting them to live an active life based on their own wills.



<p>にんちしょう ひと まいにち せいかつ しゃかいせいかつ なか い し けつてい 認知症の人が 毎日の生活・社会生活の中で 意思決定をす ための 手伝いとは</p>	<p>What are decision-making supports in the daily lives and social lives of people with dementia?</p>
<p>い し けつていしえん 意思決定支援 とは</p>	<p>Decision-making supports help</p>
<p>にんちしょう ひと じぶん かんが まいにち せいかつ しゃかいせいかつ 認知症の人が 自分で考えて、毎日の生活や社会生活が で きるように 手伝うことです にんちしょう ひと つか せいかつ 認知症の人が できることを使って 生活ができるように 手伝います</p>	<p>people with dementia make the most of their abilities so that they can lead their daily and social lives based on their own wills</p>

Narration

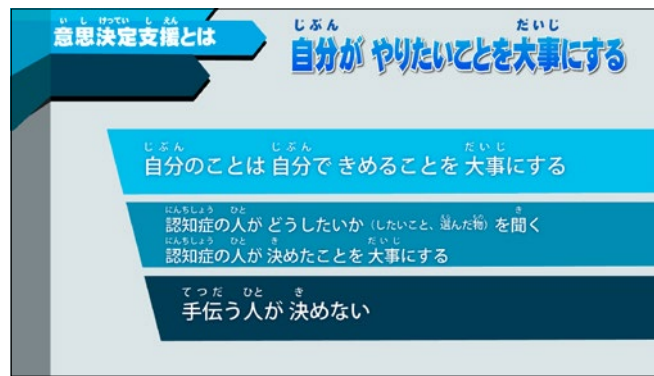
Decision-making support is to help people with dementia to make the most of their abilities so that they can lead their daily and social lives based on their own wills.



意思決定支援とは	Decision-making supports help
どう支援するか	Fundamental principles of support
① 認知症の人が考えていることを大事にする	(1) Respect the will of the person
② 認知症の人の意思決定をする力のことをよく考える	(2) Pay attention to the person's decision-making ability
③ 早くから、介護をする人達みんなで手伝い続ける	(3) Continuous support from the early stage as a team

Narration

As a fundamental principle of support, the most important thing is to respect the person's will. To do so, it is necessary to pay attention to the person's decision-making ability, that is, the ability of the person to decide for himself or herself. Decision-making support means not only helping people with dementia make decisions but also connecting them to appropriate support to maximize that person's decision-making ability. To do so, it is crucial to provide continuous support from an early stage as a team.

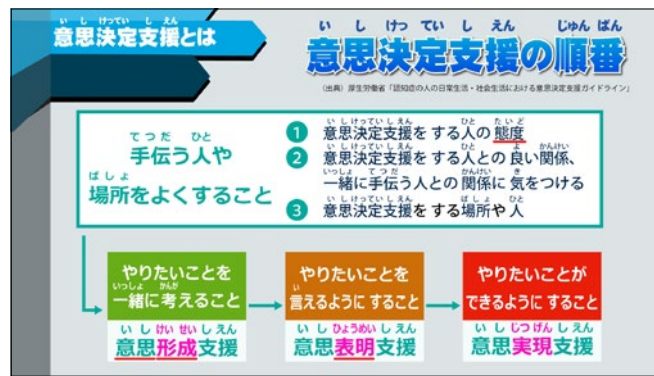


い し けつてい し えん 意思決定支援とは	Decision-making supports help
じ ぶ ん 自分が やりたいことを大事にする	Respect the will of the person
じ ぶ ん 自分のことは 自分で きめることを 大事にする	Respect the self-determination
にんちしょう ひと 認知症の人が どうしたいか (したいこと、選んだ物) を聞 く	Start from the confirmation and respect of the intention (inclination and preference) expressed by the person
にんちしょう ひと き 認知症の人が 決めたことを 大事にする てつだ ひと き 手伝う人が 決めない	Not to decide to support or not based on the judgment of the supporting person

Narration

Respecting one's will means respecting the self-determination (i.e., one's own decisions), starting from specifying one's intention and inclination (i.e., how they want to do something, or what they choose according to their taste), and respecting those.

The critical point is not to decide to support or not based on the judgment of the supporting person but to decide based on the patient's will.



い し けつてい し えん 意思決定支援とは	Decision-making supports help
い し けつてい し えん じゅんぱん 意思決定支援の 順番	Decision-making support process
しゅつてん こうせいろうどうしやう にんちしやう ひと にちじやうせいかつ しゃかいせいかつ (出典) 厚生労働省「認知症の人の日常生活・社会生活に おける意思決定支援ガイドライン」	(Source) Ministry of Health, Labor and Welfare "Guidelines for decision-making support in the daily lives and the social lives of people with dementia"
てつだ ひと ばしょ 手伝う人や場所をよくすること	Improving human and physical environments
1 い し けつてい し えん ひと たいど 意思決定支援をする人の 態度	(1) Attitude of decision-making supporters
2 い し けつてい し えん ひと よ かんけい いっしょ てつだ 意思決定支援をする人との 良い関係、一緒に 手伝う ひと かんけい き 人との 関係に 気をつける	(2) Consideration for relationships of trust with decision-making supporters and relationships with witnesses
3 い し けつてい し えん ばしょ ひと 意思決定支援をする場所や 人	(3) Environment for decision-making support
・やりたいことを いっしょ かんが 一緒に考えること	Support the formation of intentions
い し けいせい し えん 意思形成支援	Intention formation support
・やりたいことを い 言えるように すること	Support the expression of intentions
い し ひやうめい し えん 意思 表明 支援	Intention expression support
・やりたいことが できるように すること	Support the realization of intentions
い し じつげん し えん 意思実現支援	Intention realization support

Narration

So how should we support the person to make decisions? There are three points.

The first is the attitude when supporting.

The second is the environment for support.

The third is based on the first two points. It is based on the procedure of supporting the person to form an intention (i.e., make a decision), express the intention (i.e., express one's intention), and realize the intention.

おぼ
ここまでで覚えたことを
ふくしゅう
復習しましょう
つぎ しつもん こた
次の質問に答えてください

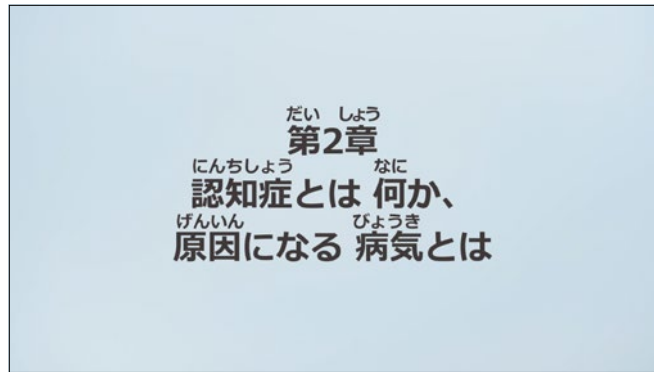
おぼ
ここまでで覚えたことを 復習しましょう

Let's review what we have learned so far

つぎ しつもん こた
次の質問に答えてください

Answer the questions on the next page.

1 What is dementia? ①



第2章	Chapter 2
認知症とは何か、原因になる病気とは	Definition of dementia and causative diseases

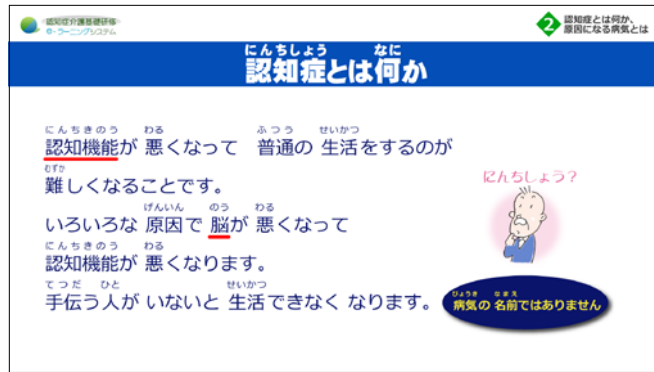


第2章 認知症とは何か、原因になる病気とは	Chapter 2 Definition of dementia and causative diseases
① 認知症とは何か	① What is dementia? (Definition of dementia)

Narration

First, let's learn about what kind of condition is dementia.

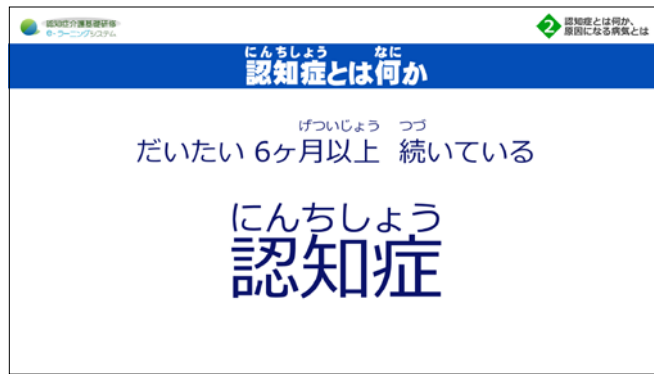
1 What is dementia? ②



<p>認知症とは なにか</p>	<p>What is dementia?</p>
<p>認知機能が悪くなって 普通の生活をするのが難しくなることです。いろいろな原因で脳が悪くなって認知機能が悪くなります。 手伝う人がいないと生活できなくなります。</p>	<p>Pathological changes in the brain occur due to various causes, leading to impairment in a person's daily life, as a consequence of the decline in cognitive function.</p>
<p>にんちしょう?</p>	<p>Dementia?</p>
<p>病気の 名前ではありません</p>	<p>Not a disease name</p>

Narration

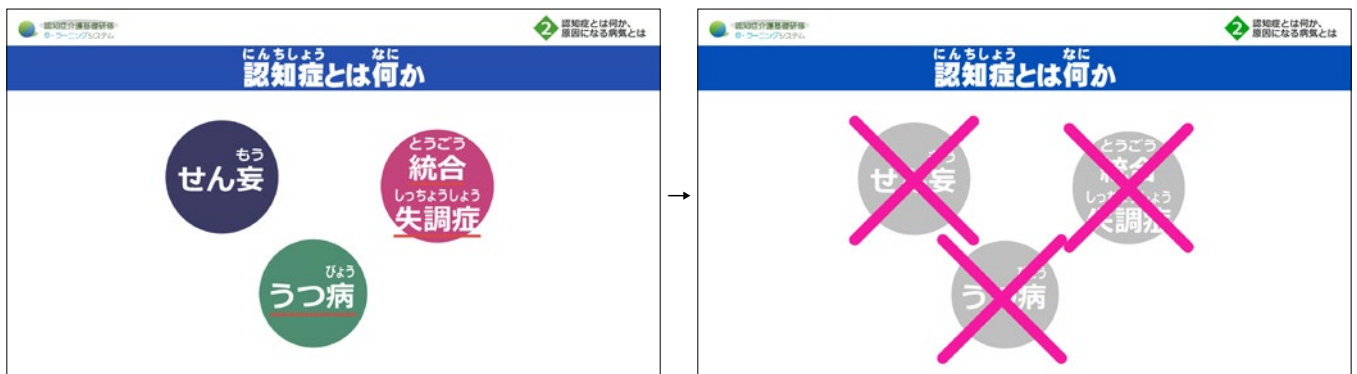
Dementia is a condition in which pathological changes in the brain occur due to various causes, which leads to impairment in a person's daily life, as a consequence of the decline in cognitive function.



認知症とは なにか	What is dementia?
だいたい 6ヶ月以上 続いている	The condition lasts for about six months or more
認知症	Dementia

Narration

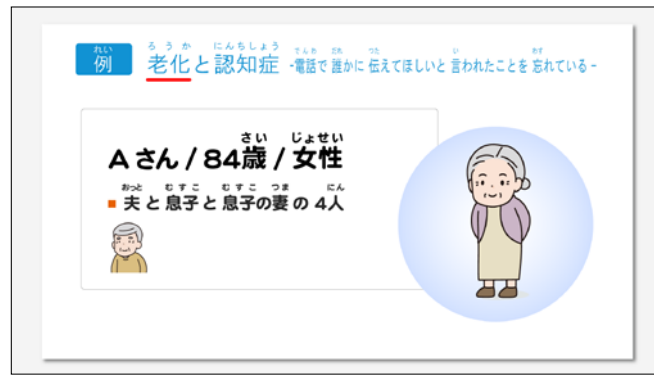
If the condition lasts for about six months or more, it is called dementia.



認知症とは なにか	What is dementia?
せん妄	Delirium
統合失調症	Schizophrenia
うつ病	Depression

Narration

This condition can occur with other diseases but excludes diseases that cause unconsciousness and symptoms similar to dementia, such as “delirium,” depression, and schizophrenia.

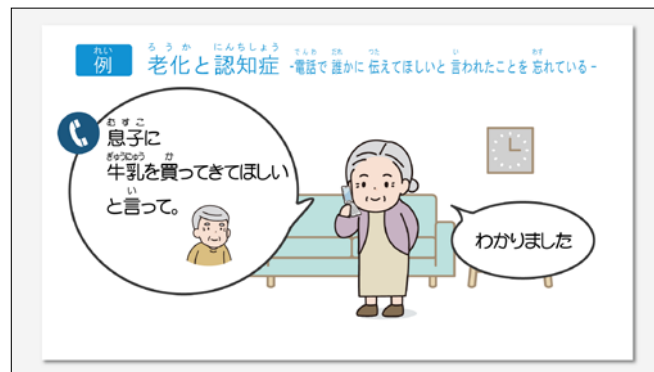


例 老化と認知症 -電話で誰かに伝えてほしいと言われたことを忘れている-	Case study Aging and dementia Forgot about being asked to transfer a phone message
Aさん / 84歳 / 女性	Mrs. A, 84 years old, female
夫と息子と息子の妻の4人	Lives with her husband, son, and daughter-in-law.

Narration

Let's take a look at Mrs. A's case.

Mrs. A (84 years old) lives with her husband, son, and daughter-in-law.



例 老化と認知症 -電話で誰かに伝えてほしいと言われたことを忘れている-	Case study Aging and dementia Forgot about being asked to transfer a phone message
息子に牛乳を買ってきてほしいと言って	"Tell our son to buy some milk."
わかりました	"I got it"

Narration

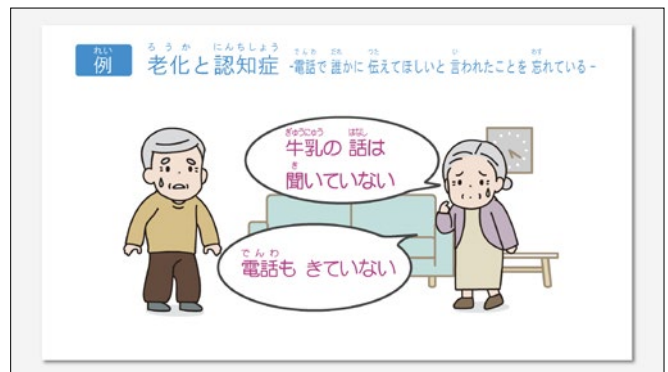
One day, when Mrs. A was staying home alone, her husband called.



例 老化と認知症 -電話で誰かに伝えてほしいと言われたことを忘れている- お願いした牛乳は買った？	Case study Aging and dementia Forgot about being asked to transfer a phone message "Where is the milk that I asked you to buy?"
牛乳を買ってほしいという話は聞いていない	"What milk? I didn't receive any message."

Narration

Later, when her husband asked their son about the message, he replied, "I haven't heard anything."



例 老化と認知症 -電話で誰かに伝えてほしいと言われたことを忘れている- 息子に言ってとお願いしたよね？	Case study Aging and dementia Forgot about being asked to transfer a phone message "Have I told you to pass the message?"
牛乳の話は聞いていない	"I didn't take any message"
電話もきていない	"I didn't receive any phone call"

Narration

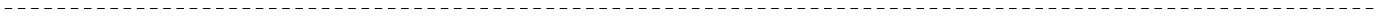
Her husband was surprised, and when he asked Mrs. A, she said she didn't hear any messages and didn't even receive a phone call.



例 老化と認知症 -電話で誰かに伝えてほしいと言われたことを忘れている-	Case study Aging and dementia Forgot about being asked to transfer a phone message
認知症?	Dementia?
物の忘れ?	Forgetfulness?

Narration

Does Mrs. A have dementia? Or is she just forgetful?

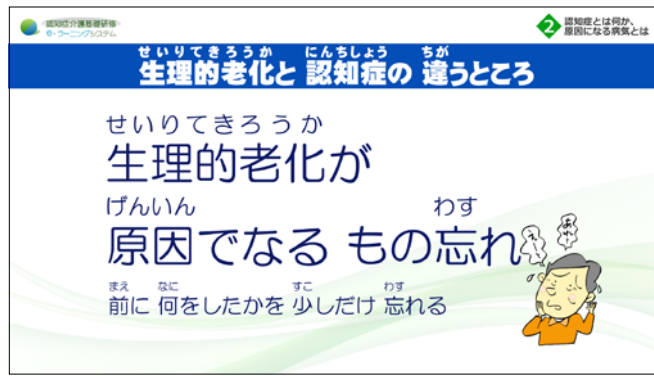


生理的老化と認知症の違うところ	Difference between physiological aging and dementia
あれ・・・	What
えっと・・・	Hmm...

Narration

Dementia of the Alzheimer's type, which is a typical dementia, has "forgetfulness" as the most noticeable symptom. But forgetfulness happens not only to people with dementia, but to us as well. Here, let's learn about the characteristics of forgetfulness in ordinary people and forgetfulness in people with dementia.

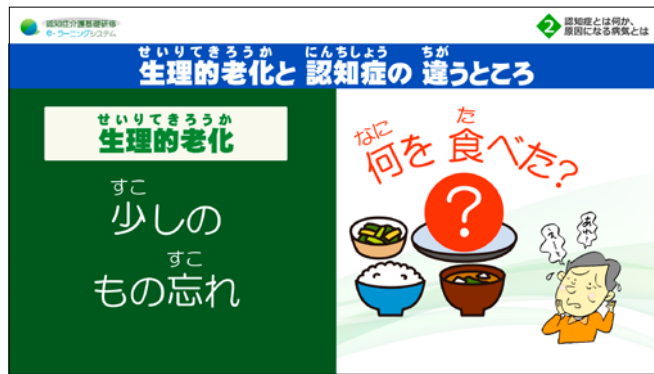




せいりてきろうか 生理的老化と にんちしょう 認知症の ちが 違うところ	Difference between physiological aging and dementia
せいりてきろうか 生理的老化が げんいん 原因でなる わす もの忘れ	Forgetfulness due to physiological aging
まえ 前に なに なに すこ 何をしたかを わす 少しだけ 忘れる	Forgetting a part of an experience

Narration

Forgetfulness seen in the general people means forgetting a part of an experience due to physiological aging. This "forgetfulness" refers to forgetting a part of an experience.

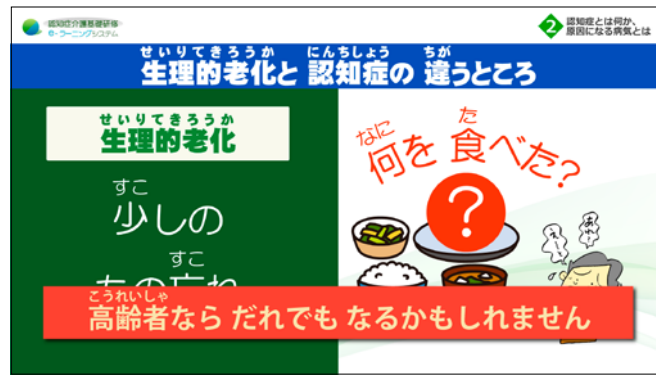


せいりてきろうか 生理的老化と にんちしょう 認知症の ちが 違うところ	Difference between physiological aging and dementia
せいりてきろうか 生理的老化	Physiological aging
すこ 少しの もの忘れ	Partial forgetfulness
なに なに 何を 食べた?	What did you eat?

Narration

For example, when someone asked what you ate for dinner yesterday, you may not be able to remember the entire menu.

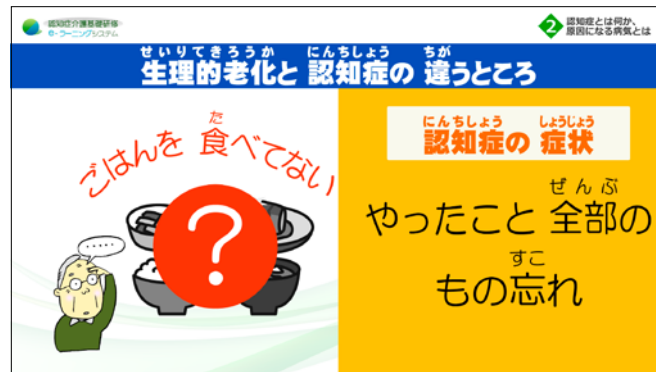
But you remember a part of the menu or remember having dinner.



せいりてきろうか 生理的老化と にかんちしょう 認知症の ちが 違うところ	Difference between physiological aging and dementia
せいりてきろうか 生理的老化	Physiological aging
すこ 少しの もの わす れ	Partial forgetfulness
なに た 何を 食べた?	What did you eat?
こうれいしゃ 高齢者なら だれでも なるかもしれません	Can occur to any older person

Narration

Forgetfulness of parts of such experiences can occur in any older person.



せいりてきろうか 生理的老化と にかんちしょう 認知症の ちが 違うところ	Difference between physiological aging and dementia
ごはんを た 食べてない	I haven't eaten
にかんちしょう 認知症の しょうじょう 症状	Symptoms of dementia
やったこと ぜんぶ 全部の もの わす れ	Forget the whole experience

Narration

However, in the case of dementia of the Alzheimer's type, "forgetting the whole experience" occurs, in which the patient cannot remember not only what they ate but also whether they ate dinner or not.



せいりてきろうか 生理的老化と にんちしょう 認知症の ちが 違うところ	Difference between physiological aging and dementia
むすこ 息子に ぎゅうにゅう 牛乳を か 買ってきてほしい い と言って	Tell our son to buy some milk.
にんちしょう 認知症の しょうじょう 症状	Symptoms of dementia
じぶん 自分で わからない	Hardly aware

Narration

Moreover, when receiving phone calls at home and being asked to pass a message, ordinary people may forget the other person's name.



せいりてきろうか 生理的老化と にんちしょう 認知症の ちが 違うところ	Difference between physiological aging and dementia
むすこ 息子に い 言ってと ねが お願いしたよね?	Have I told you to pass the message?
にんちしょう 認知症の しょうじょう 症状	Symptoms of dementia
じぶん 自分で わからない	Hardly aware

Narration

But people with dementia cannot even remember the call.



せいりてきろうか 生理的老化と にんちしょう 認知症の ちが 違うところ	Difference between physiological aging and dementia
ぎゅうにゅう はなし き 牛乳の話は聞いていない	I didn't take any message
でんわ 電話もきていない	I didn't receive any phone call
にんちしょう しょうじょう 認知症の 症状	Symptoms of dementia
じぶん 自分でわからない	Hardly aware

Narration

People with dementia often do not realize they have forgotten, even if they feel something is wrong.

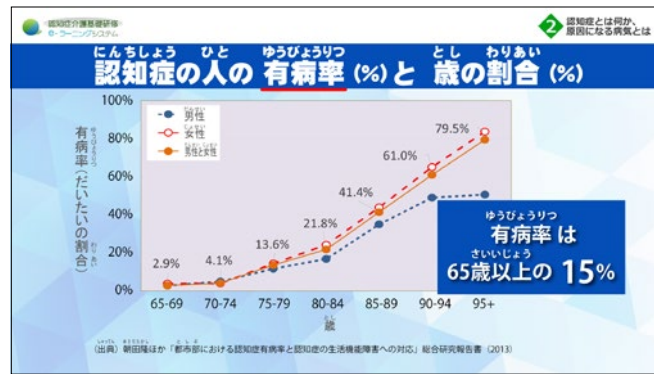


せいりてきろうか 生理的老化と にんちしょう 認知症の ちが 違うところ	Difference between physiological aging and dementia
にんちしょう しょうじょう 認知症の 症状	Symptoms of dementia
だんだん ひどくなる	Progressive and getting worse
せいかつ こま 生活で困ることが増える	Causing problems in the daily life

Narration

The number of times "forgetfulness" caused by physiological aging seen in the general people may increase, but it does not hinder our lives much.

However, not only does the number of times "forgetfulness" seen in people with dementia increase, but it also becomes worse, which causes many problems in their daily lives in general.

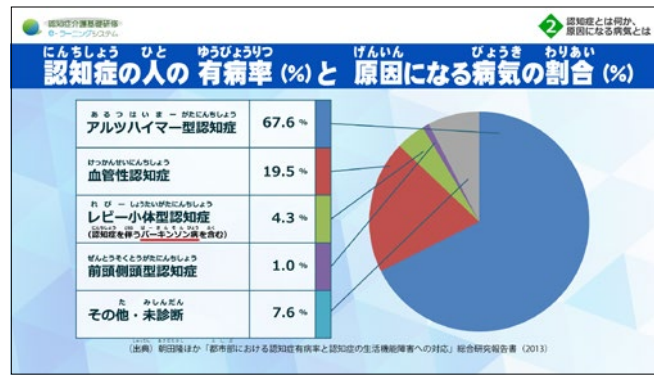


にんちしょう ひと ゆうびょうりつ 認知症の人の 有病率 (%) と 歳の割合 (%)	Prevalence of dementia and proportion by causative disease
だんせい 男性	Male
じょせい 女性	Female
だんせい じょせい 男性と女性	Overall
ゆうびょうりつ さいいじょう 有病率は 65歳以上の15%	Prevalence of 15% for people aged 65 and older
ゆうびょうりつ わりあい 有病率 (だいたいの割合)	Prevalence (approx.)
とし 歳	Age group
しゅつてん あさだ たかし とし ぶ にんちしょう ゆうびょうりつ (出典) 朝田隆ほか「都市部における認知症有病率と にんちしょう せいかつきの うしょうがい たいおう そうごうけんきゅうほうこくしよ 認知症の生活機能障害への対応」総合研究報告書 (2013)	(Source) Takashi Asada et al. Prevalence of dementia in urban areas and measures for impaired daily living functions in dementia. General Study Report (2013)

Narration

Here is the research result reported in 2013 by Professor Takashi Asada, who was working at the University of Tsukuba at that time.

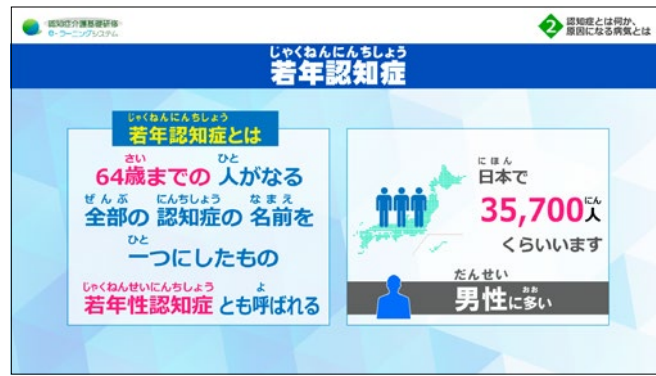
Dementia is a condition that occurs in about 15% of people aged 65 and older, and the prevalence increases with age. It becomes about 40% for those aged 85 and older and about 60% for those aged 90 and older.



認知症の人の有病率 (%) と 原因になる病気の割合 (%)	Prevalence of dementia and proportion by causative disease
アルツハイマー型認知症 67.6%	Dementia of the Alzheimer's type 67.6%
血管性認知症 19.5%	Vascular dementia 19.5%
レビー小体型認知症 4.3% (認知症を伴うパーキンソン病も含む)	Dementia with Lewy bodies 4.3% (Including Parkinson's disease associated with dementia)
前頭側頭型認知症 1.0%	Frontotemporal dementia 1.0%
その他・未診断 7.6%	Other/undiagnosed 7.6%

Narration

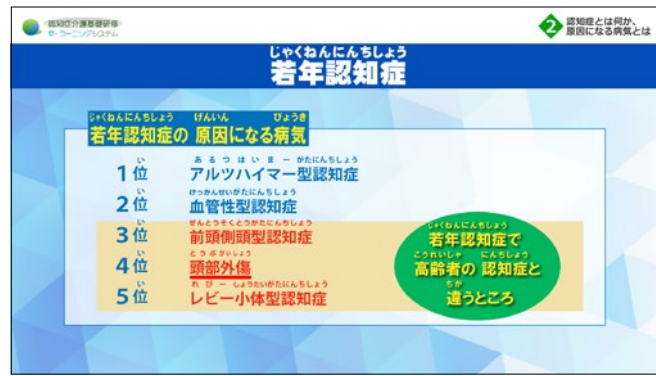
There have been several studies on the proportion of dementia resulting from causative diseases. According to Professor Takashi Asada's study, 67.6% of dementia cases are dementia of the Alzheimer's type, 19.5% are vascular dementia, 4.3% are dementia with Lewy bodies, and 1.0% are frontotemporal dementia.



若年認知症	Young-onset dementia
若年認知症とは	What is young-onset dementia?
64歳までの人がなる全部の認知症の名前を一つにしたもの	A general term for dementia that develops before the age of 65.
若年性認知症とも呼ばれる	Also called early-onset dementia.
全部の数	Total number of people
日本で 35,700人くらいいます	35,700 (approx.)
男性に多い	More common in males

Narration

Dementia is not only found in older people; it can also occur in young people. Dementia that develops before the age of 65 is called young-onset dementia, or early-onset dementia. Young-onset dementia is a general term for dementia that develops before the age of 65, not the disease name. According to a report by Dr. Awata of the Tokyo Metropolitan Geriatric Medical Center in 2020, it is estimated that there are 35,700 people nationwide diagnosed with this condition, and it occurs more commonly in males than females.

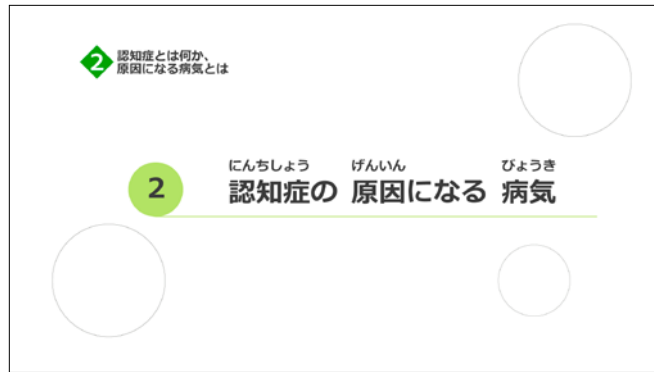


じゃくねんにんちしょう 若年認知症	Young-onset dementia
じゃくねんにんちしょう げんいん びょうき 若年認知症の原因になる病気	Causative disease of young-onset dementia
い あるつはいまーがたにんちしょう 1位 アルツハイマー型認知症	1 st Dementia of the Alzheimer's type
い けっかんせいにんちしょう 2位 血管性認知症	2 nd Vascular dementia
い ぜんとうそくとうがたにんちしょう 3位 前頭側頭型認知症	3 rd Frontotemporal dementia
い とうぶがいしょう 4位 頭部外傷	4 th Head injuries
い れびーせうたいがたにんちしょう 5位 レビー小体型認知症	5 th Dementia with Lewy bodies
じゃくねんにんちしょう こうれいしゃ にんちしょう ちが 若年認知症で 高齢者の認知症と 違うところ	Characteristics of young-onset dementia

Narration

Similar to dementia in old age, dementia of the Alzheimer's type is also the most common causative disease of young-onset dementia, accounting for more than half of the total cases, followed by vascular dementia. Less common than frontotemporal dementia but still more common than dementia with Lewy bodies is dementia caused by head injuries, which ranks fourth.

2 Causative diseases of dementia: Causes and major symptoms of dementia of the Alzheimer's type



第2章 認知症とは何か、原因になる病気とは	Chapter 2 Definition of dementia and causative diseases
② 認知症の原因になる病気	② Causative diseases of dementia



認知症の原因になる病気	Causative diseases of dementia
認知症	Dementia
原因	Cause
認知症には原因になる病気があります 原因になる病気で認知症の名前が決まります	Dementia has a disease that causes it, and that causative disease determines the disease name.

Narration

Dementia is not a disease name.

Dementia has a disease that causes it, and that causative disease determines the disease name.



にんちしょう げんいん びょうき 認知症の原因になる 病気	Causative diseases of dementia
おお げんいん びょうき 多い原因になる 病気	Typical causative diseases
ある つ は い ま ー がた にんちしょう アルツハイマー型認知症	Dementia of the Alzheimer's type
けっかんせい にんちしょう 血管性認知症	Vascular dementia
れ び ー しゅうたいがた にんちしょう レビー小体型認知症	Dementia with Lewy bodies
ぜんとうそくとうがた にんちしょう 前頭側頭型認知症	Frontotemporal dementia
よんだい にんちしょう 四大認知症	4 major types of dementia

Narration

Many diseases cause dementia, but the four listed here are considered the four major ones. They are dementia of the Alzheimer's type, vascular dementia, dementia with Lewy bodies, and frontotemporal dementia.



ある つ は い ま ー がた にんちしょう アルツハイマー型認知症	Dementia of the Alzheimer's type
にんちしょう ひと はんぶんいじょう ある つ は い ま ー がた にんちしょう 認知症の人の 半分以上が アルツハイマー型認知症	Account for more than half of people with dementia

Narration

The most typical dementia is "dementia of the Alzheimer's type."
More than half of people with dementia are diagnosed with dementia of the Alzheimer's type.



たとえ ば えー さん の ばあ い 例え ば A さん の 場 合	Case study Mrs. A's situation
か い も の お な も の か 買 い 物 で 同 じ 物 を 買 っ て く る	She bought the same items several times

Narration

Let's take a look at Mrs. A's recent situation here.
When going shopping, Mrs. A bought the same items several times, and ended up with many of the same things in the refrigerator.



たとえ ば えー さん の ばあ い 例え ば A さん の 場 合	Case study Mrs. A's situation
かえ る と き の みち が わ か ら な く な っ て い え 家 に かえ る の に じか ん か か っ た	She didn't remember the way home, and it took her several hours to come back home.
むかし し っ て い る きんじょ ひと あ 昔 から 知 っ て い る 近 所 の 人 に 会 っ て も だ れ だ か わ か ら な い こ と が 増 え た	Even when she met her long-time neighbors, she often didn't know who they were
だ れ だ ろ う . . .	Who is it

Narration

Also, after she went shopping, she didn't remember the way home, and it took her several hours to come back home. Moreover, when seeing her neighbors who she had known for a long time, she often did not remember who they were.



たと 例え ば A さん の 場合	Case study Mrs. A's situation
さむい 冬 に うすい 服 を 着 て 出 け て し ま う	She often went out with a thin blouse during the cold winter months.
料 理 の 味 や 入 れ る も の が お か し い 。 つ く る も の も 少 な く な っ た	The seasoning and ingredients of the dishes became strange, and the number of dishes she can make also decreased.


Narration

Furthermore, in the cold winter months, she went out with a thin blouse, or even though she always liked cooking and cooked a lot of dishes, recently, her food has been tasteless, and once there was a sausage in her miso soup. The number of dishes has gradually decreased, sometimes there are only rice and miso soup.

たと 例えは A さんの場合

- 買い物で 同じ 物を買ってくる
- 帰るときの 道が わからなくなって 家に 帰るのに 時間がかかった
- 昔から 知っている 近所の人に 会っても だれだか わからないことが 増えた
- さむい冬に うすい服を着て 出かけてしまう
- 料理の 味や 入れるものが おかしい。作るものも 少なくなった

なぜ?



たと 例えは A さんの場合	Case study Mrs. A's situation
● 買い物で 同じ 物を買ってくる	She bought the same items several times
● 帰るときの 道が わからなくなって 家に 帰るのに 時間がかかった	She didn't remember the way home, and it took her several hours to come back home.
● 昔から 知っている 近所の人に 会っても だれだか わからないことが 増えた	Even when she met her long-time neighbors, she often didn't know who they were
● さむい冬に うすい服を着て 出かけてしまう	She often went out with a thin blouse during the cold winter months.
● 料理の 味や 入れるものが おかしい。作るものも 少なくなった	The seasoning and ingredients of the dishes became strange, and the number of dishes she can make also decreased.
なぜ?	What is happening?

Narration

What is happening to Mrs. A?

What Mrs. A has been doing is similar to the symptoms commonly seen in dementia of the Alzheimer's type.


あるつはいまーがたにんちしょう
アルツハイマー型認知症

あるつはいまーがたにんちしょう
アルツハイマー型認知症とは

のうさいぼう し のう ちい びょうき
脳細胞が死んで脳が小さくなる病気

げんいん
原因

のう なか あみろいどべーた
脳の中のアミロイドベータたんぱくが
ふ
増えることで脳の細胞が死んで
のう ちい
脳が小さくなる



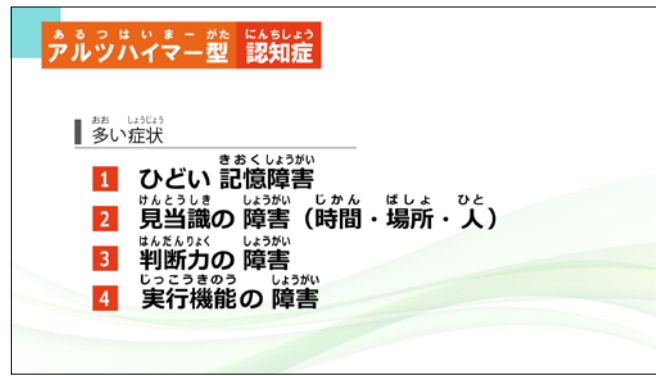
あるつはいまーがたにんちしょう アルツハイマー型認知症	Dementia of the Alzheimer's type
あるつはいまーがたにんちしょう アルツハイマー型認知症とは	What is Dementia of the Alzheimer's type?
のうさいぼう し のう ちい びょうき 脳細胞が死んで脳が小さくなる病気	It's a disease in which brain cells die, causing the brain to shrink
げんいん 原因	Cause
のう なか あみろいどべーた 脳の中のアミロイドベータたんぱくが 増えることで 脳の さいぼう し のう ちい 細胞が死んで脳が小さくなる	Beta-amyloid protein accumulates in the brain, causing brain nerve cells loss and pathological atrophy of the brain.

Narration

Dementia of the Alzheimer's type is a disease in which an abnormal protein called beta-amyloid accumulates in the brain, exerts toxicity, kills brain cells, and causes the brain to shrink.

Even in ordinary people, the number of brain cells decreases as we get older, but it occurs at a pathological rate in dementia of the Alzheimer's type.

It was discovered over 100 years ago, and the cause was unknown back then, but now it is thought to be due to the accumulation of beta-amyloid protein, which exerts neurotoxicity and kills the brain cells.



あるつはいまーがたにんちしょう アルツハイマー型認知症	Dementia of the Alzheimer's type
おお しょうじょう 多い 症状	Main symptoms
1 ひどい 記憶 障害 きおくしょうがい	1. Clear memory impairment
2 けんとうしき しょうがい じかん ばしょ ひと 見当識の 障害 (時間・場所・人)	2. Cognitive impairment (time, space, people)
3 はんだんりょく しょうがい 判断力の 障害	3. Impaired judgment
4 じっこうきのう しょうがい 実行機能の 障害	4. Executive function disorder

Narration

The main symptoms are conspicuous memory impairment, cognitive impairment, impaired judgment, and executive function disorder.



あ る つ は い ま ー が た に ん ち し ょ う アルツハイマー型認知症	Dementia of the Alzheimer's type
1 ひどい 記 憶 障 害 き お く し ょ う が い	1. Clear memory impairment
む か し 昔のこと	Older events
お ぼ えて いる こ と が 多 い お ぼ	Remember pretty well
さい き ん 最近のこと	Events that just happened
お ぼ えて い な い こ と が 多 い お ぼ	Often cannot remember

Narration

A characteristic of memory impairment of dementia of the Alzheimer's type is that patients do not remember the recent moments, such as events that just happened, although they can remember the much older events relatively well.



あるつはいまーがたにんちしょう アルツハイマー型認知症	Dementia of the Alzheimer's type
2 見当識の 障害	2. Cognitive impairment
じかん けんとうしきしょうがい 時間の 見当識 障害	Time cognitive impairment
ばしょ けんとうしきしょうがい 場所の 見当識 障害	Space cognitive impairment
ひと けんとうしきしょうがい 人の 見当識 障害	Person cognitive impairment

Narration

Cognitive impairment also occurs.

The word “cognitive” means something related to the ability to understand the situation.



あるつはいまーがたにんちしょう アルツハイマー型認知症	Dementia of the Alzheimer's type
2 見当識の 障害	2. Cognitive impairment
じかん けんとうしきしょうがい 時間の 見当識 障害	Time cognitive impairment
いま じかん 今の時間や、 きょう なんにち 今日は 何日なのか わからない	Don't know what time it is or what day it is

Narration

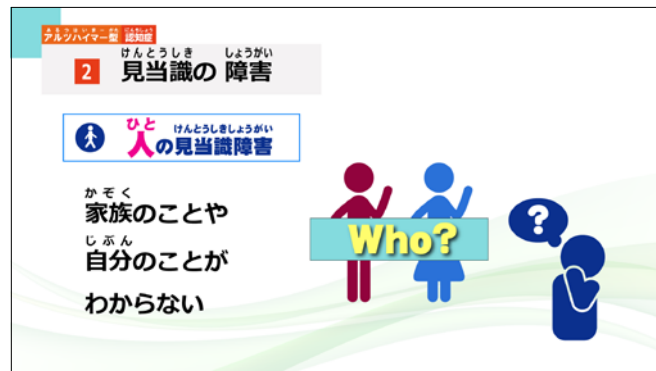
For example, if someone has cognitive impairment of time, they may not know what time it is now, what day it is today, and so on.



あるつはいまーがたにんちしょう アルツハイマー型認知症	Dementia of the Alzheimer's type
2 見当識の障害 けんとうしき しょうがい	2. Cognitive impairment
ばしょ けんとうしきしょうがい 場所の見当識障害	Space cognitive impairment
ここがどこかわからない みち 道がわからない	Don't know the place Get lost when going out

Narration

Cognitive impairment of a place can make someone confused about where they are or where to go.



あるつはいまーがたにんちしょう アルツハイマー型認知症	Dementia of the Alzheimer's type
2 見当識の障害 けんとうしき しょうがい	2. Cognitive impairment
ひと けんとうしきしょうがい 人の見当識障害	Person cognitive impairment
かぞく 家族のことや じぶん 自分のことが わからない	Don't know one's own family and one's self

Narration

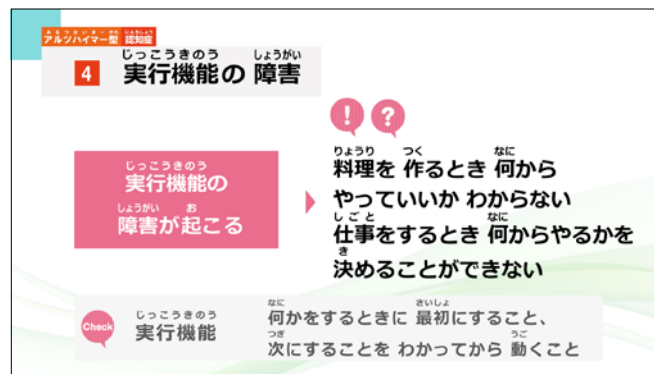
When cognitive impairment occurs, the patients lose track of their family, and if the disease worsens, they even forget about themselves.



あ る つ は い ま ー が た に ん ち し ょ う アルツハイマー型認知症	Dementia of the Alzheimer's type
3 は ん だ ん り ょ く し ょ う が い 3 判断力の 障害	3. Impaired judgment
む か し お ち だ 昔のことを 思い出すことが できなくなる	Memory is impaired
な に き 何かを 決めることが できなくなる	Become unable to make various decisions

Narration

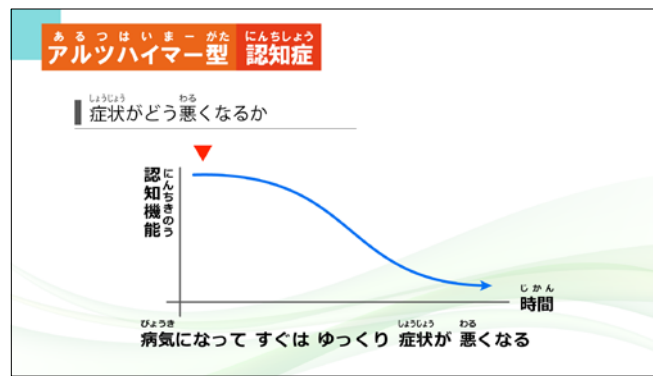
Impaired judgement is a condition in which patients literally become unable to make decisions. We often rely on our memory when making decisions, but when our memory is impaired, we become unable to make any decisions.



あるつはいまーがたにんちしょう アルツハイマー型認知症	Dementia of the Alzheimer's type
4 実行機能の 障害	4. Executive function disorder
実行機能の 障害が起こる	Executive function disorder occurs
料理を作るとき 何からやればいいかわからない	Don't know how to cook
仕事をすると 何からやるかを 決めることができない	Cannot arrange work
実行機能・・・何かをすると 最初にすること、次にすること を わかってから 動くこと	Executive function The ability to understand and act on the procedure of doing something

Narration

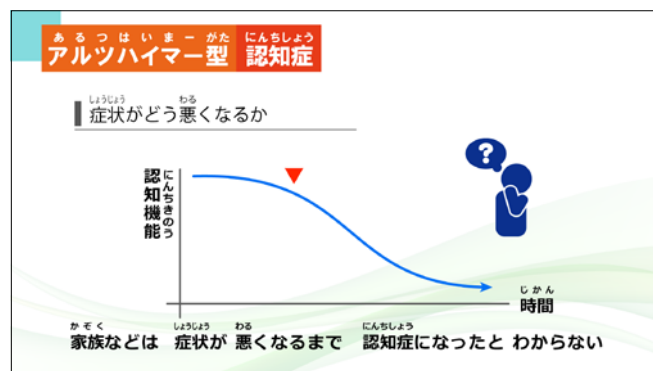
Executive function is the ability to understand and act on the procedure of doing something. When executive function is impaired, it becomes impossible to do things such as preparing dishes or arranging work.



あるつはいまーがたにんちしょう アルツハイマー型認知症	Dementia of the Alzheimer's type
しょうじょう わる 症状が どう悪くなるか	Progression of symptoms
にんちきのう 認知機能	Cognitive function
じかん 時間	Progress
びょうき 病気になるって すぐは ゆっくり しょうじょう わる 症状が 悪くなる	The onset of the disease is slow

Narration

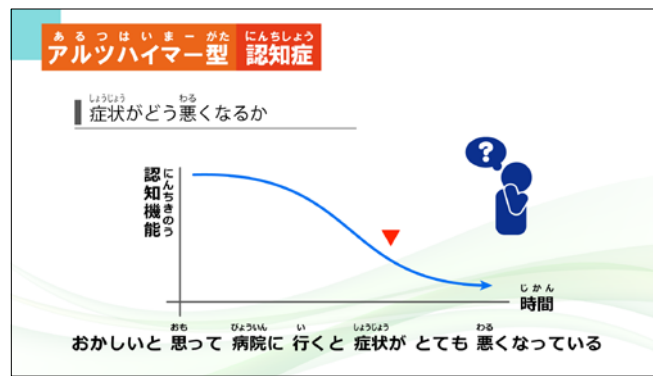
Dementia of the Alzheimer's type is a disease in which the brain is atrophied, so the onset of the disease is slow.



あるつはいまーがたにんちしょう アルツハイマー型認知症	Dementia of the Alzheimer's type
しょうじょう わる 症状が どう悪くなるか	Progression of symptoms
にんちきのう 認知機能	Cognitive function
じかん 時間	Progress
かぞく 家族などは しょうじょう わる 症状が 悪くなるまで にんちしょう 認知症になったと わか らない	People around patients don't notice until the symptoms progress

Narration

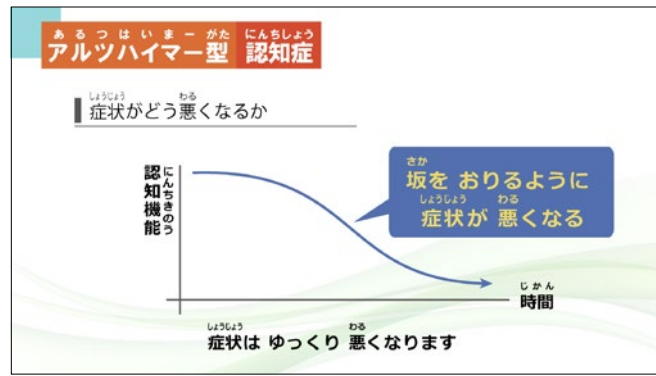
As a result, patients tend to think it's because of aging at first, and people around them often don't notice until the symptoms progress.



あるつはいまーがたにんちしょう アルツハイマー型認知症	Dementia of the Alzheimer's type
しょうじょう 症状が どう悪くなるか	Progression of symptoms
にんちきのう 認知機能	Cognitive function
じかん 時間	Progress
おかしいと おも びょういん い しょうじょう とても 悪く なっている	When people around the patients start to notice and send them to the hospital, the disease is already advanced

Narration

When the symptoms progress and people around them realize that something is wrong and send them to the hospital, the disease is often quite advanced.



あるつはいまーがたにんちしょう アルツハイマー型認知症	Dementia of the Alzheimer's type
しょうじょう 症状がどう悪くなるか	Progression of symptoms
にんちきのう 認知機能	Cognitive function
じかん 時間	Progress
さか 坂をおりるように しょうじょう 症状が悪くなる	Progression like going down the slope
しょうじょう 症状はゆっくり悪くなります さか 坂をおりるように しょうじょう 症状が悪くなります	Symptoms progress slowly but are characterized by a progression like going down the slope

Narration

Symptoms progress slowly but are characterized by a steady progression like going down the slope.

認知症予防研究センター
e-ラーニングプラットフォーム

認知症とは何か、原因になる病気とは

おぼ
ここまでで覚えたことを
ふくしゅう
復習しましょう

つぎ しつもん こた
次の質問に答えてください

ここまでで おぼ 覚えたことを ふくしゅう 復習しましょう	Let's review what we have learned so far
つぎ しつもん こた 次の質問に答えてください	Answer the questions on the next page.

2 Causes and major symptoms of vascular dementia

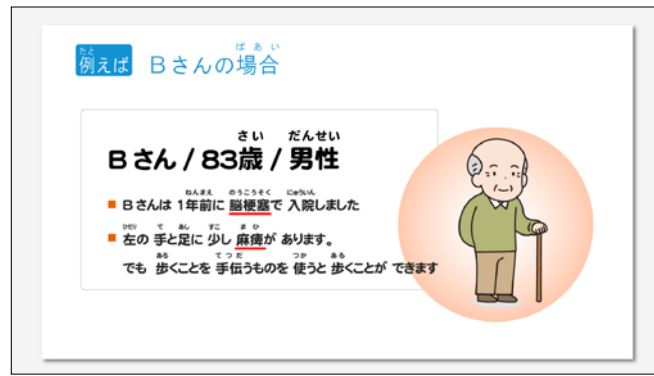


<small>けっかんせい にんちしょう</small> 血管性認知症	Vascular dementia
<small>とし たか ひと</small> 歳が高い人になる	The second most common dementia occurring in old age
<small>にんちしょう</small> 認知症では	
<small>けっかんせい にんちしょう</small> 血管性認知症は	
<small>め</small> 2つ目に	
<small>おおい</small> 多い	

Narration

Next, let's learn about "vascular dementia."

Among the dementia types that occur in old age, this type is said to be the second most common dementia after dementia of the Alzheimer's type.



たとえ ばあ い 例え ば Bさんの場合	Case study Mr. B's situation
びー Bさん / 83歳 / 男性	Mr. B, 83 years old, male
● Bさんは1年前に脳梗塞で入院しました	Hospitalized for a cerebral infarction a year ago
● 左の手と足に少し麻痺があります。 でも歩くことを手伝わいのを使うと歩くことができます	His left limb remains very lightly paralyzed, but he can walk safely with his cane.

Narration

Let's take a look at Mr. B's case.

Mr. B was hospitalized for a cerebral infarction a year ago. His left limb remains very lightly paralyzed, but he can walk safely with his cane.



たとえ ばあ い 例え ば Bさんの場合	Case study Mr. B's situation
● 好きだった花への興味がなくなりました 自分で何かをやるうとはしません	He has not even looked at his favorite bonsai, and he has no motivation

Narration

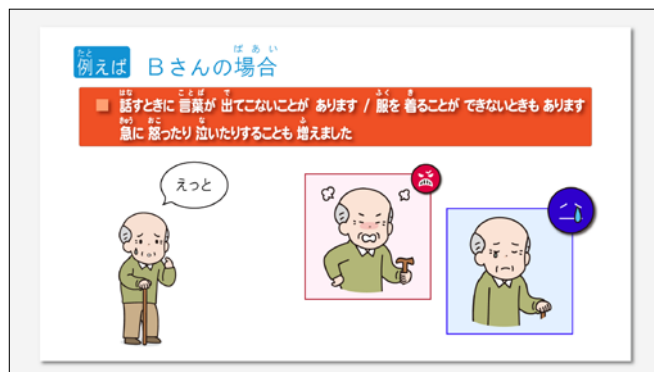
After being discharged from the hospital, he has not even looked at his favorite bonsai, and he has no motivation, just sitting and drowsy. However, Mr. B does not say anything pessimistic and does not seem to be in particular trouble.



たと びー ばあい 例え ば B さん の 場合	Case study Mr. B's situation
● お風呂に 入りましょと 言えば 1人 で 入ることが できます	If someone encourages him,
ご飯を 食べましょと 言えば しっかり 食べることが できます	he can still take a bath alone and eat a lot

Narration

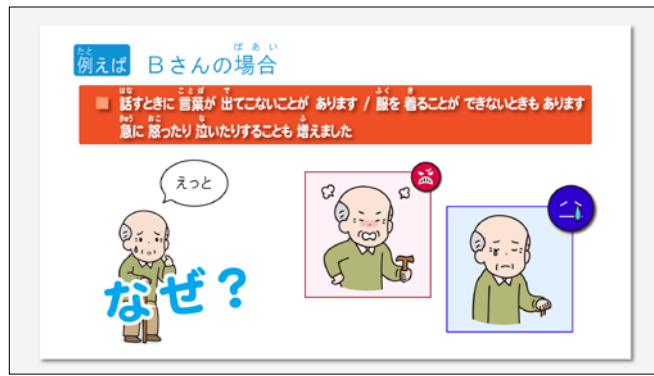
He makes no attempt to take a bath, but he can still take a bath alone and eat a lot if someone encourages him.



たと びー ばあい 例え ば B さん の 場合	Case study Mr. B's situation
● 話すときに 言葉が 出てこないことが あります 服を 着ることが できないときも あります 急に 怒ったり 泣いたりすることも 増えました	He has experienced more and more difficulty in speaking, he can't wear his shirt properly, and he is often suddenly excited or crying
えっと	Hmm...

Narration

Also, recently, he has experienced more and more difficulty in speaking, he can't wear his shirt properly, and he is often suddenly excited or crying.



例えば Bさんの場合	Case study Mr. B's situation
●話すときに言葉が出てこないことがあります 服を着ることができないときもあります 急に怒ったり泣いたりすることも増えました	He has experienced more and more difficulty in speaking, he can't wear his shirt properly, and he is often suddenly excited or crying
なぜ?	What is happening?

Narration

Why did such symptoms appear?



血管性認知症	Vascular dementia
血管性認知症とは	What is vascular dementia?
血管性認知症は脳の血管障害が原因の認知症です	Dementia caused by cerebrovascular accident

Narration

Vascular dementia is a type of dementia caused by a cerebrovascular accident.



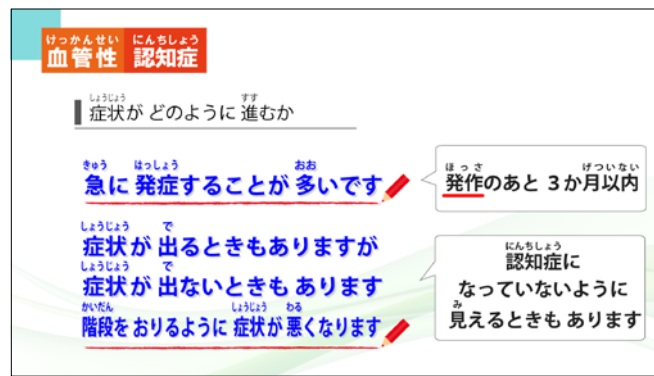
けっかんせい 血管性認知症	Vascular dementia
のうこうそく 脳梗塞	Cerebral infarction
のうしゅっけつ 脳出血	Cerebral hemorrhage
わる 悪くなった 場所によって 認知症に なることがあります	Dementia may develop depending on the location where the damage occurs

Narration

The causative diseases are cerebral infarction and cerebral hemorrhage. In the case of cerebral infarction, it also occurs when small infarctions happen frequently.

Cerebral infarction and cerebral hemorrhage can result in the death of brain cells, which will lead to dementia.

Cerebral infarction or cerebral hemorrhage do not always lead to dementia. In some cases, dementia may develop depending on the location where the damage occurs.



血管性認知症	Vascular dementia
症状がどのように進むか	Characteristics of progression
急に発症することが多いです	Onset occurs quite rapidly
発作のあと 3か月以内	Appear within three months after the infarction
症状が出るときもありますが、症状が出ないときもあります	Show uneven symptoms,
段階をおりるように症状が悪くなります	develop in a stepwise progress
認知症になっていないように見えるときもあります	Some parts remain very intact

Narration

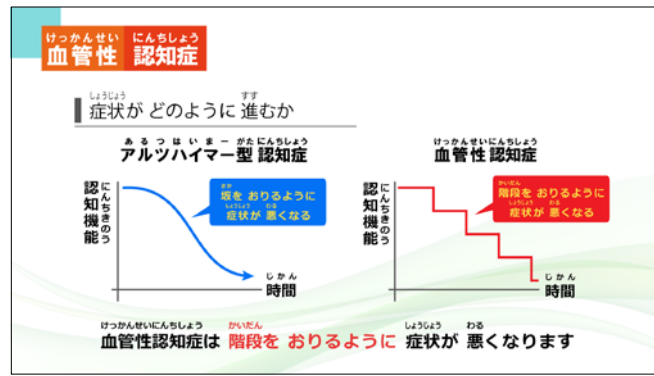
Unlike dementia of the Alzheimer's type, cerebrovascular accidents start rapidly, so symptoms appear relatively early.

Generally, the symptoms appear within three months after the infarction.

However, dementia, in which impaired blood flow to the brain due to hypertension or arteriosclerosis causes widespread brain damage, is characterized by a gradual onset and gradual progression.

Generally, in the case of vascular dementia, there are parts where the brain is damaged and parts where it is not, so the uneven symptoms appear, such as some parts remain very intact.

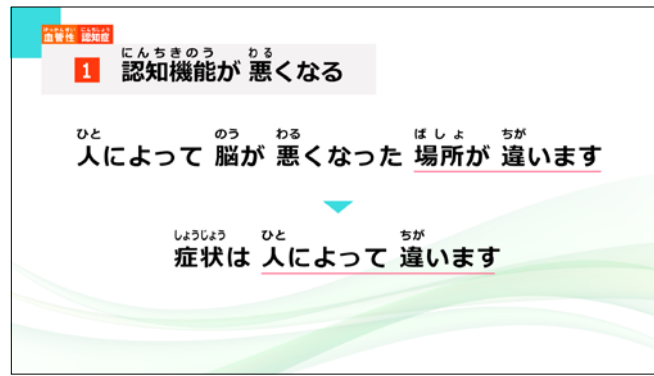
In addition, cerebral infarction and cerebral hemorrhage progress more rapidly after each recurrence.



血管性認知症	Vascular dementia
症状がどのように進むか	Characteristics of progression
アルツハイマー型認知症	Dementia of the Alzheimer's type
坂をおりるように症状が悪くなる	Progression like going down the slope
認知機能	Cognitive function
時間	Progress
血管性認知症	Vascular dementia
階段をおりるように症状が悪くなる	Develop in a stepwise progress
認知機能	Cognitive function
時間	Progress
血管性認知症は階段をおりるように症状が悪くなります	The characteristic of vascular dementia is to progress like going down stairs.

Narration

While dementia of the Alzheimer's type progresses like going down the slope, vascular dementia progresses like going down stairs.



けっかんせいじんちしょう 血管性認知症	Vascular dementia
1 認知機能が悪くなる	1 Cognitive dysfunction
人によって脳が悪くなった場所が違います	Each person has a different damaged brain part
症状は人によって違います	Significant differences among individuals in terms of symptoms

Narration

The main symptom is cognitive dysfunction, but since the damaged brain parts vary among patients, it is a characteristic of vascular dementia that there are more individual differences in symptoms compared to dementia of the Alzheimer's type.

血管性 認知症

2 その他の障害

- ・服を着ることができない
- ・電子レンジをどう使うのかわからない

▶生活をするときのわからないこと

- ・急に怒る、急に泣くなど

▶気持ちが大きく動く

血管性認知症	Vascular dementia
2 他のわからないこと	2 Other impairments
・服を着ることができない	Don't know how to wear clothes
・電子レンジをどう使うのかわからない	Don't know how to use microwave oven
⇒生活をするときのわからないこと	Impairments in daily life
急に怒る、急に泣くなど	Become sentimental to trivial things
⇒気持ちが大きく動く	Emotional problems

Narration

Rather than memory impairment, impairments in daily life such as not knowing how to wear clothes or how to use a microwave oven, or emotional problems such as becoming sentimental to trivial things may occur.

ここまでで覚えたことを
復習しましょう

次の質問に教えてください

ここまでで覚えたことを復習しましょう	Let's review what we have learned so far
次の質問に教えてください	Answer the questions on the next page.

2 Causes and major symptoms of dementia with Lewy bodies



れびーしょうたいがたにんちしょう レビー小体型 認知症	Dementia with Lewy bodies
とし たか ひと になる にんちしょう め おお 歳が高い人になる 認知症で 3つ目に 多いです	The third most common dementia occurring in old age

Narration

Next, let's learn about "dementia with Lewy bodies".

This is considered to be the third most common dementia that occurs in old age.



たと えば しー さんの ばあい 例えば Cさんの 場合	Case study Ms. C's situation
しー さん / 82歳 / 女性 Cさん / 82歳 / 女性	Ms. C, 82 years old, female

Narration

Let's take a look at Ms. C's case.



たと 例え ば しー さんの ばあ い 場合	Case study Ms. C's situation
「へや なか し 知らない ひと が いる」「へびが いる」など な いはずのものが 見え ると 言 い ます	She started complaining that she saw something that doesn't exist, such as "a stranger stood in the room" or "there was a snake"

Narration

About a year ago, Ms. C started complaining that she saw something that doesn't exist, such as "a stranger stood in the room" or "there was a snake", which caused so much trouble to her family.



たと 例え ば しー さんの ばあ い 場合	Case study Ms. C's situation
はなし 話が しっかり できるときと はなし 話が できないときが ありま す	Sometimes she can talk normally but sometimes she is absent-minded.
AM	morning
PM	afternoon

Narration

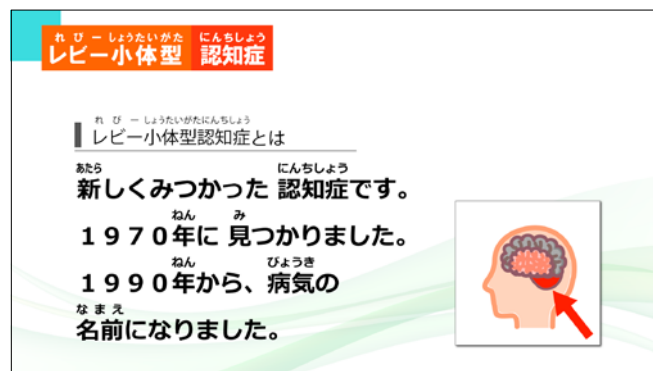
Sometimes she can talk normally but sometimes she is absent-minded. Her memory does not seem to be so bad, she can remember who visited in the morning. In addition, she appears to be lightheaded and unsteady recently, and she falls more often. Why does she have these symptoms?



例えば Cさんの場合	Case study Ms. C's situation
立ち眩みや まっすぐ歩けないことがあります。 けがをすることも 増えました	She appears to be lightheaded and unsteady, and she falls more often.
なぜ?	What is happening?

Narration

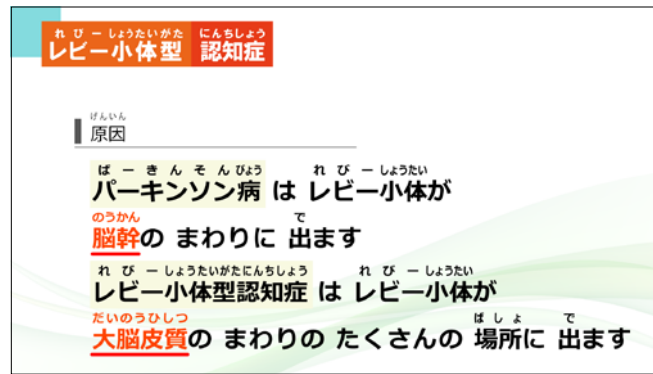
From these symptoms, it is considered that Ms. C may have dementia with Lewy bodies.



レビー小体型 認知症	Dementia with Lewy bodies
レビー小体型 認知症とは	What is dementia with Lewy bodies?
新しく見つかった 認知症です 1970年に 見つかりました。 1990年から、病気の 名前になりました。	A relatively new disease name for which research reports were conducted in the 1970s and diagnostic criteria were proposed in the 1990s

Narration

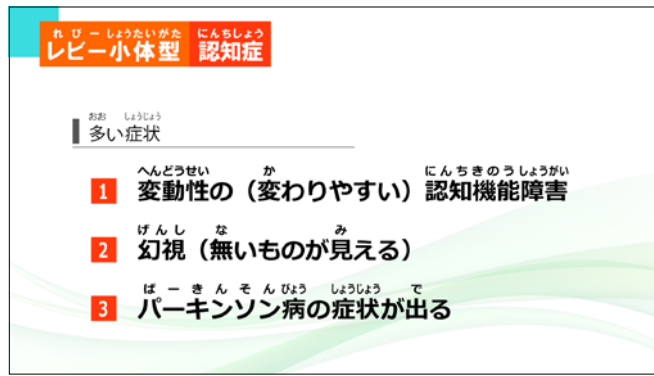
Dementia with Lewy bodies is a relatively new disease name; its research reports were conducted in the 1970s and diagnostic criteria were proposed in the 1990s.



れびーしょうたいがたにんちしょう レビー小体型認知症	Dementia with Lewy bodies
げんいん 原因	Cause
ばーきんそんびょう パーキンソン病は	Parkinson's disease
れびーしょうたいのうかん レビー小体が脳幹のまわりに出ます	Lewy bodies appear around the brain stem
れびーしょうたいがたにんちしょう レビー小体型認知症は	Dementia with Lewy bodies
れびーしょうたいだいのうひしつ レビー小体が 大脳皮質のまわりのたくさんの場所に出 ます	Lewy bodies appear extensively around the cerebral cortex

Narration

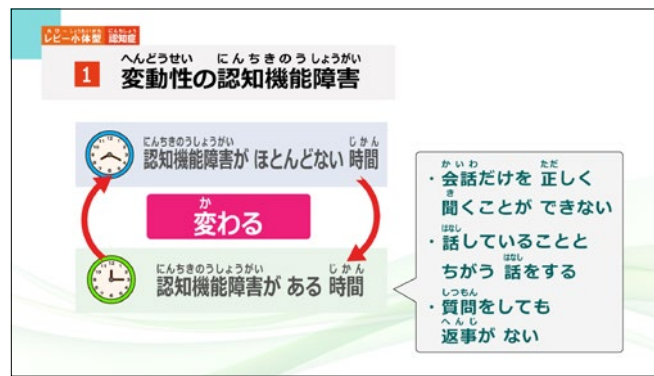
This disease is similar to Parkinson's disease. But in Parkinson's disease, a substance called Lewy body is found around the brain stem, whereas in dementia with Lewy bodies, this substance is found in a wide area around the cerebral cortex and causes atrophy of the brain.



れびーしょうたいがたにんちしょう レビー小体型 認知症	Dementia with Lewy bodies
おおしょうじょう 多い 症状	Main symptoms
1 へんどうせい か にんちきのうしょうがい 1 変動性 (変わりやすい) の 認知機能 障害	1. Fluctuating cognition
2 げんし な み 2 幻視 (無いものが見える)	2. Visual hallucinations
3 ぱーきんそんびょう しょうじょう で 3 パーキンソン病の 症状 が 出る	3. Appearance of Parkinson's symptoms

Narration

The main symptoms include fluctuating cognition, visual hallucinations, and the appearance of Parkinson's symptoms.

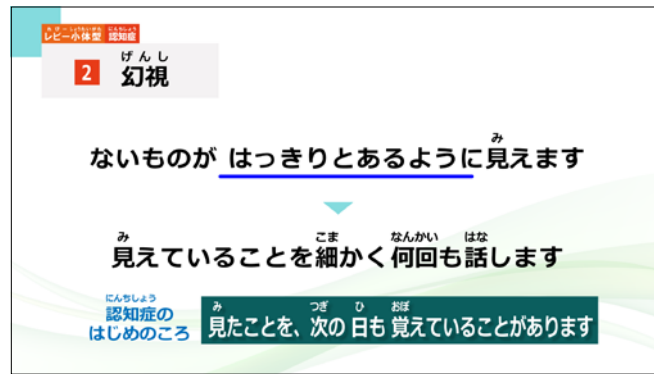


れびーしょうたいがたにんちしょう レビー小体型認知症	Dementia with Lewy bodies
へんどうせい にんちきのうしょうがい 1 変動性の認知機能障害	1. Fluctuating cognition
にんちきのうしょうがい ほとんどない 時間 認知機能障害がほとんどない時間	Time when almost no cognitive dysfunction is found
かわる 変わる	Alternate
にんちきのうしょうがい ある 時間 認知機能障害がある時間	Time when the disorders occur
・かいわ ただ き ・会話だけを正しく聞くことができない	Difficulty in concentrating in conversation
・はなし ・話していることとちがう話をする	Inconsistency in one's words
・しつもん へんじ ・質問をしても返事がない	Poor response

Narration

Fluctuating cognition means that there are alternating periods within a day, when almost no cognitive dysfunction is found, and other times when the disorders occur.

During times of dysfunction, difficulty in concentrating in conversation, inconsistency in one's words, and poor response are noticeable.



れびーしょうたいがたにんちしょう レビー小体型認知症	Dementia with Lewy bodies
2 幻視	2. Visual hallucinations
ないものがはっきりとあるように見えます	Clearly see things that does not exist
見えていることを細かく何回も話します	Have clear hallucinations over and over again
認知症のはじめのころ	In the early stages
見たことを、次の日も覚えていたことがあります	May even remember clearly on the next day

Narration


With visual hallucinations, patients see concrete things that are not present over and over again. In the early stages, forgetfulness is not noticeable, so the patients may even remember their visual hallucinations clearly on the next day.

レビー小体型 認知症

3 パーキンソン病の症状が出る

- ある すこ あし うご
・ 歩くときに 少ししか 足が 動かない
- うご おそ
・ 動くのが 遅い、 ゆっくりしている
- かんせつ うご
・ 関節が 動きにくい
- からだ ちい うご
・ 体が 小さく 動く

けがをすることが 多くなり あぶないです
けがをしないように 見ていることが 必要です



れびーしょうたいがたにんちしょう レビー小体型 認知症	Dementia with Lewy bodies
3 パーキンソン病の 症状 が 出る	3. Appearance of Parkinson's symptoms
ある すこ あし うご ・ 歩くときに 少ししか 足が 動かない	Shuffling walk
うご おそ ・ 動くのが 遅い、 ゆっくりしている	Slow/clumsy movement
かんせつ うご ・ 関節が 動きにくい	Stiff joints
からだ ちい うご ・ 体が 小さく 動く	Tremor
けがをすることが 多くなり あぶないです けがをしないように 見ていることが 必要です	Be aware that the risk of falling may increase

Narration

Parkinson's symptoms include "shuffling walk" "slow/clumsy movement", "stiff joints" and "tremor".
Be aware that having these symptoms may increase the risk of falling.

認知症とは何か、原因になる病気とは

ここまでで 覚えたことを
復習しましょう

次の 質問に 答えてください

ここまでで 覚えたことを 復習しましょう	Let's review what we have learned so far
次の 質問に 答えてください	Answer the questions on the next page.

2 Causes and major symptoms of frontotemporal dementia



ぜんとうそくとうがたにんちしょう
前頭側頭型認知症

Frontotemporal dementia


Narration

Finally, let's learn about "frontotemporal dementia".

たとえ ば D さんの 場合

さい じょせい
D さん / 78 歳 / 女性

- 娘の家族と いっしょに 住んでいます
- 認知症になる前は 人と 話したり、
会ったりすることが 上手でした。
最近 は 家 に 人 が 来 て も あいさつ も し ませ ん。
家 に 来 た 人 の 顔 を 少 し み て
何 も 言 わ な い で 部 屋 か ら 出 て し ま い ま す。



たとえ ば D さんの 場合	Case study Mrs. D's situation
D さん / 78 歳 / 女性	Mrs. D, 78 years old, female
● 娘の家族と いっしょに 住んでいます	Living with her daughter, her son-in-law and her grandson
● 認知症になる前は 人と 話したり、 会ったりすることが 上手でした 最近 は 家 に 人 が 来 て も あいさつ も し ませ ん 家 に 来 た 人 の 顔 を 少 し み て 何 も 言 わ な い で 部 屋 か ら 出 て し ま い ま す	She used to be sociable, but these days, she does not greet customers when they come in, just emotionlessly looks at the person's face and goes somewhere else without a word



Narration

Let's take a look at Mrs. D's case.

Mrs. D lives with her daughter, her son-in-law and her grandson.

She used to be sociable, but these days, she does not greet customers when they come in, just emotionlessly looks at the person's face and goes somewhere else without a word.

例え^{たと}ば ^{でい} D さん^の 場合^{ばあい}
 ■ ^{まいにち} 毎日 ^{おな} 同じ ^{じかん} 時間^に ^{おな} 同じ^{こと} こと^を する

	^{ごぜん} 午前 ^じ 6 時 ^お 起きる ^{ごぜん} 午前 ^じ 7 時 ^た ごはん ^を 食べる ^{ごぜん} 午前 ^じ 9 時 ^{まいにち} 毎日 ^{おな} 同じ ^{みち} 道 ^を ^{さんぽ} 散歩 ^{する} ^{ごぜん} 午前 ^じ 10 時 ^{いえ} 家 ^に ^{かえ} 帰る	
---	---	--


^{たと} 例え ^ば ^{でい} D さん ^の 場合 ^{ばあい}	Case study Mrs. D's situation
^{まいにち} 毎日 ^{おな} 同じ ^{じかん} 時間 ^に ^{おな} 同じ ^{こと} こと ^を する	She does certain actions at fixed times every day
^{ごぜん} 午前 ^じ 6 時 ^お 起きる	6:00 Wake up
^{ごぜん} 午前 ^じ 7 時 ^た ごはん ^を 食べる	7:00 Breakfast
^{ごぜん} 午前 ^じ 9 時 ^{まいにち} 毎日 ^{おな} 同じ ^{みち} 道 ^を ^{さんぽ} 散歩 ^{する}	9:00 Take a walk on the same course every day
^{ごぜん} 午前 ^じ 10 時 ^{いえ} 家 ^に ^{かえ} 帰る	10:00 Return home


Narration

On the other hand, she does certain actions at fixed times every day. She wakes up at 6 a.m., eats breakfast at 7, goes for a walk on the same route every day at 9, and comes back without hesitating at 10 o'clock.

たと 例えは でいー D さんの 場合 ばあい

■ まいにち おな じかん おな 毎日 同じ 時間に 同じことをする


ご じ ぶん 午後 1 時 30 分 むすめ 娘に くるま 車で で 出かけたいと なんかい 何回もいう
ご じ ぶん 午後 3 時 30 分 せん 洗たくした物が濡れているのに、いえ 家の中に な しまう
ご じ 午後 5 時 た ごはんを た 食べる
ご じ 午後 7 時 ね 寝る



たと 例えは <small>でいー</small> D さんの 場合 <small>ばあい</small>	Case study Mrs. D's situation
<small>まいにち おな じかん おな</small> 毎日 同じ 時間に 同じことをする	She does certain actions at fixed times every day
<small>ご じ ぶん</small> 午後 1 時 30 分 <small>むすめ</small> 娘に <small>くるま</small> 車で <small>で</small> 出かけたいと <small>なんかい</small> 何回もいう	13:30 Urge to go out by car
<small>ご じ ぶん</small> 午後 3 時 30 分 <small>せん</small> 洗たくした物が濡れているのに、 <small>いえ</small> 家の中に <small>な</small> しまう	15:30 Take in the laundry. Even if it isn't dry
<small>ご じ</small> 午後 5 時 <small>た</small> ごはんを <small>た</small> 食べる	17:00 Have dinner
<small>ご じ</small> 午後 7 時 <small>ね</small> 寝る	19:00 Go to bed

Narration

After lunch, at 13:30, she persistently asks her daughter, "Let's go out by car." At 15:30, she takes in the laundry, whether it is dry or not. She has dinner at 17:00 and goes to bed at 19:00.



たと 例え ば でいー ばあい の 場合 例え ば D さん の 場合	Case study Mrs. D's situation
ごはんを た 食べる ときは いつも 同じ 牛乳 を の 飲みたいと 言います その 牛乳 が ないと 「牛乳 が ほしい」と なんかい い 言います	She would like the same brand of milk for every meal, and ask for it repeatedly if she cannot have it
じ か 字 が 書 いて ある 紙 など を み 見ると 書 いて ある 字 を 声 を 出 して 読 み ます	When looking at signboards or posters, she will exhibit behaviors such as reading aloud.
やきとり	Yakitori

Narration

Also, she wants to have the same brand of milk for every meal, and if she cannot have it, she will ask repeatedly "Give me milk". Furthermore, when she looks at signboards or posters, she will exhibit behaviors such as reading aloud.

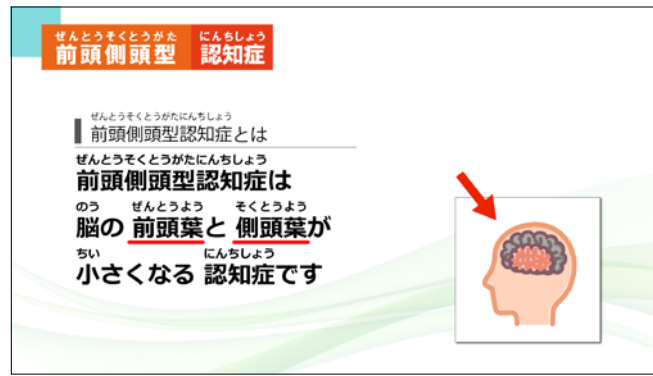


たと ばあ い 例え ば D さん の 場 合	Case study Mrs. D's situation
ご はん を た べ る と き は い つ も 同 じ 牛 乳 を の み た い と い い ま す そ の 牛 乳 が な い と 「 牛 乳 が ほ し い 」 と 何 回 も い い ま す	She would like the same brand of milk for every meal, and ask for it repeatedly if she cannot have it
じ か 書 い て あ る 紙 な ど を み る と 書 い て あ る 字 を こ え だ し て よ み ま す	When looking at signboards or posters, she will exhibit behaviors such as reading aloud.
やきとり	Yakitori
なぜ?	What is happening?

Narration

Why does she have these symptoms?

These conditions of Mrs. D match the symptoms of frontotemporal dementia.



ぜんとうそくとうがたにんちしょう 前頭側頭型認知症	Frontotemporal dementia
ぜんとうそくとうがたにんちしょう 前頭側頭型認知症は	Frontotemporal dementia is
のう ぜんとうよう そくとうよう ちい にんちしょう 脳の 前頭葉と 側頭葉が 小さくなる 認知症です	A type of dementia in which the frontal and temporal lobes of the brain are atrophied

Narration

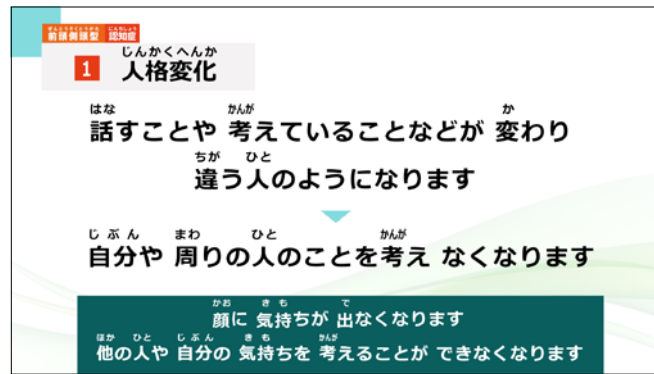
Frontotemporal dementia, as the name implies, is a type of dementia in which the frontal and temporal lobes of the brain are atrophied.



ぜんとうそくとうがたにんちしょう 前頭側頭型認知症	Frontotemporal dementia
おお しょうじょう 多い 症状	Main symptoms
1 じんかくへんか 1 人格変化	1. Personality change
2 よくせい けつじょ 2 抑制の欠如	2. Lack of restraint
3 しゃかいせい けつじょ 3 社会性の欠如	3. Lack of common sense in society
4 じょうどうこうどう 4 常同行動	4. Stereotyped behavior

Narration

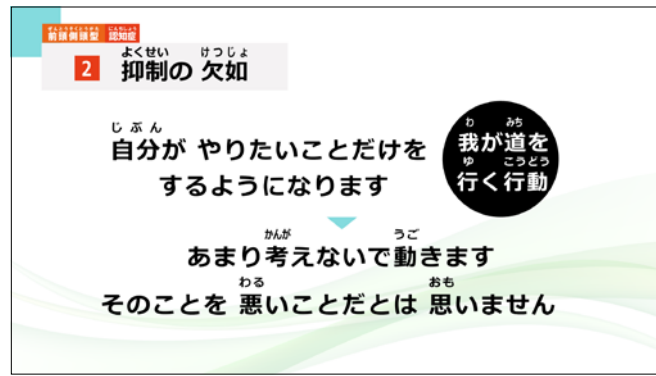
The main symptoms include "personality change," "lack of restraint," and "lack of common sense in society".



ぜんとうそくとうがたにんちしょう 前頭側頭型認知症	Frontotemporal dementia
1 人格変化 じんかくへんか	1. Personality change
はな かんが か ちが ひと 話すことや 考えていることなどが 変わり 違う人のよう になります	The personality changes
じぶん まわ ひと かんが 自分や 周りの人のことを考え なくなります	Become indifferent to one's self and one's surroundings
かお きもち で 顔に 気持ちが 出なくなります ほか ひと じぶん きもち かんが 他の人や 自分の 気持ちを 考えることが できなくなりま す	Emotional expressions and communication become poor

Narration

Cognitive dysfunction, such as forgetfulness, is less noticeable at first, but it changes one's personality and makes them become indifferent to themselves and their surroundings. In addition, their emotional expressions and communication will become poor.

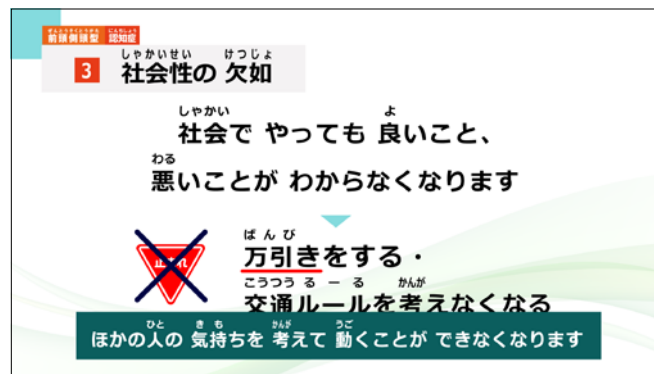


ぜんとうそくとうがたにんちしょう 前頭側頭型認知症	Frontotemporal dementia
2 抑制の欠如	2. Lack of restraint
じぶん 自分がやりたいことだけをするようになります。	Act on one's own wishes
わがみちゆくこうどう 我が道を行く行動	Self-absorbed behaviors
あまり考えないで動きます	May lead to impulsive behaviors
そのことを悪いことだとは思いません	even though the patient is not malicious.

Narration

The lack of restraint, in which the patients cannot restrain themselves and act as they wish, results in the "self-absorbed behaviors".

In addition, lack of restraint may lead to impulsive behaviors, even though the patients are not malicious.

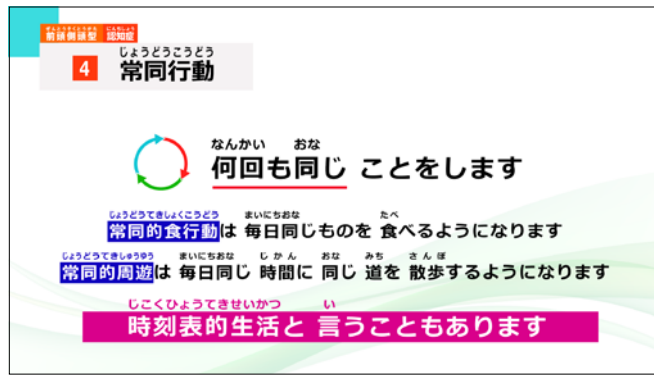


ぜんとうそくとうがたにんちしょう 前頭側頭型認知症	Frontotemporal dementia
3 社会性の欠如	3. Lack of common sense in society
社会で やっても 良いこと、悪いことが わからなくなりま す	Noncompliance with social norms,
万引きをする・交通ルールを考えなくなる	Shoplifting / Ignoring traffic rules
ほかの人の 気持ちを 考えて 動くことが できなくなりま す	Lack of common sense such as sympathy for others

Narration

Lack of common sense in society includes noncompliance with social norms, which may lead to shoplifting or ignoring traffic rules.

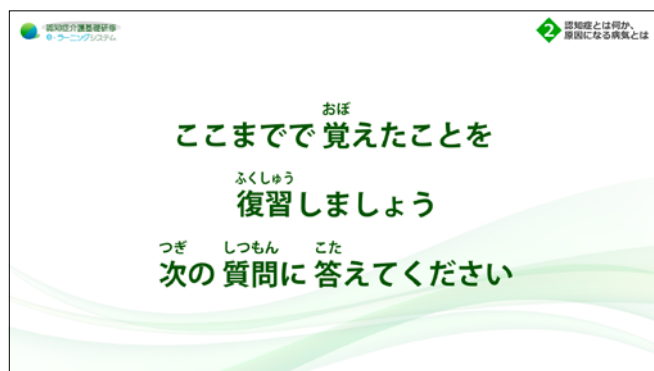
It is also characterized by the lack of common sense such as sympathy for others.



ぜんとうそくとうがたにんちしょう 前頭側頭型認知症	Frontotemporal dementia
4 常同行動	4. Stereotyped behavior
なんかい おな 何回も 同じ ことをします	The same fixed behaviors
じょうどうてきしよくこうどう 常 同的食 行動は	Stereotypic eating behavior
まいにち おな 毎日 同じ ものを 食べるようになります	Eat the same food every day
じょうどうてきしゅうゆう 常 同的周遊は	Stereotypic excursion
まいにち おな じかん おな みち さんぽ 毎日 同じ 時間に 同じ 道を 散歩するようになります	Walk the same course at a fixed time every day
じこくひょうてきせいいかつ い 時刻表的生活と 言うこともあります	Timetable life

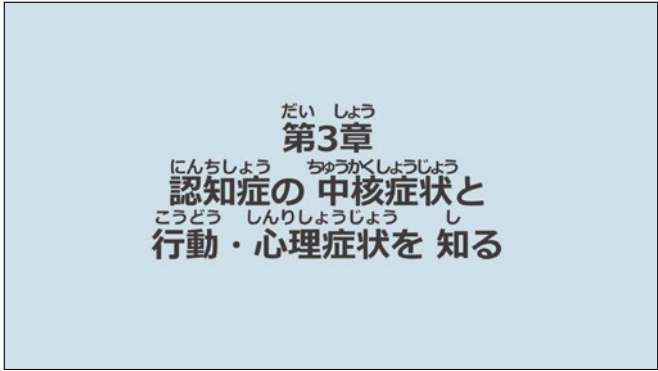
Narration

Stereotyped behavior means that the patient does the same fixed behaviors. This symptom often appears in the form of "stereotypic eating behavior", in which the patient eats the same food every day, and "stereotypic excursion", in which the person walks the same course at a fixed time every day. This is also called a "timetable life".



ここまでで おぼ 覚えたことを 復習しましょう	Let's review what we have learned so far
つぎ 質問に 答え ください	Answer the questions on the next page.

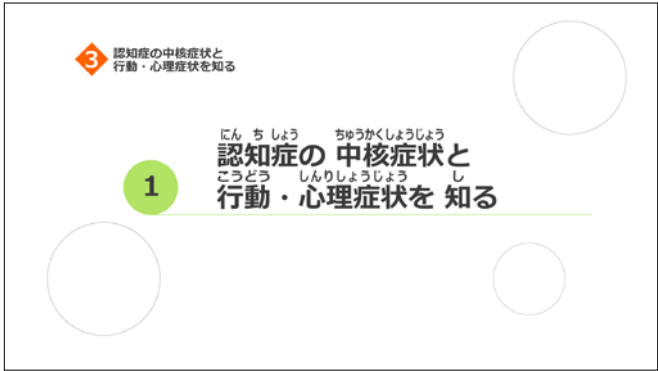
1 Understanding the core symptoms and behavioral and psychological symptoms of dementia ①



第3章	Chapter 3
認知症の中核症状と行動・心理症状を知る	Understanding the core symptoms and behavioral and psychological symptoms of dementia

Narration

Let's learn about the symptoms of dementia of the Alzheimer's type, which is the most common form of dementia.



第3章 認知症の中核症状と行動・心理症状を知る	Chapter 3 Understanding the core symptoms and behavioral and psychological symptoms of dementia
① 認知症の中核症状と行動・心理症状を知る	① Understanding the core symptoms and behavioral and psychological symptoms of dementia

Narration

The symptoms of dementia appear as a combination of the core symptoms caused by brain damage and the surrounding behavioral and psychological symptoms.

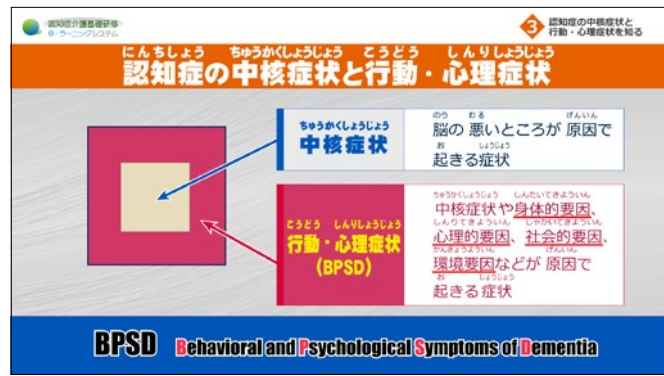
認知症分科委員会
e-ラーニングシステム

認知症の中核症状と
行動・心理症状を知る

べんきょう まえ
勉強をはじめる前に
にんちしょう ちゅうかくしょうじょう こうどう しんりしょうじょう し
「認知症の中核症状と行動・心理症状を知る」
かんが
について考えてみましょう。
つぎ しつもん こた
次の質問に教えてください。

<p>べんきょう まえ にんちしょう ちゅうかくしょうじょう こうどう 勉強をはじめる前に「認知症の中核症状と行動・ しんりしょうじょう し 心理症状を知る」について かんが 考えてみましょう。</p>	<p>Before we start, let's think about "Understanding the core symptoms and behavioral and psychological symptoms of dementia"</p>
<p>つぎ しつもん こた 次の質問に教えてください。</p>	<p>Answer the questions on the next page.</p>

1 Understanding the core symptoms and behavioral and psychological symptoms of dementia ②



にんちしょう ちゅうかくしょうじょう こうどう しんりししょうじょう 認知症の 中核 症状 と 行動・心理 症状	Core symptoms and behavioral and psychological symptoms of dementia
ちゅうかくしょうじょう 中核 症状	Core symptoms
のう わる げんいん お しょうじょう 脳の悪いところが原因で起きる症状	Symptoms caused by brain damage
こうどう しんりししょうじょう びーびーえすでいー 行動・心理 症状 (B P S D)	Behavioral and psychological symptoms of dementia (BPSD)
ちゅうかくしょうじょう しんたいてきやういん しんりてきやういん しゃかいてきやういん かんきやう 中核 症状 や身体的要因、心理的要因、社会的要因、環境 要因などが原因で起きる症状	Symptoms caused by the cross-interaction between the primary factors (core symptoms) and the secondary factors, such as physical factors, psychological factors, social factors, and environmental factors

Narration

The core symptoms of dementia are those caused by brain damage, such as the death of brain cells, and are common to people with dementia.

The symptoms surrounding the core symptoms were once called problem behaviors. However, they are now called behavioral and psychological symptoms of dementia (BPSD).



こうどう しんりしやうじやう 行動・心理症状とは？	What are the behavioral and psychological symptoms of dementia?
はいかい また徘徊してる…	"I'm wandering around again..."
はいかい もうそう けあ 徘徊 妄想 ケアをやらせない	Wandering Delusion Resistance to care
おな びやうき 同じ病気でもひとりずつ 症状が違います	Appear differently for different people even with the same disorder

Narration

Behavioral and psychological symptoms of dementia (BPSD) refer to symptoms such as “wandering”, “delusion”, and “resistance to care”, and appear differently for different people.



こうどう しんりしやうじやう 行動・心理 症状 とは？	What are the behavioral and psychological symptoms of dementia?
いちじやういん さいしよ げんいん 一次要因 (最初の原因)	Primary factors
ちゅうかくしやうじやう 中核 症状	Core symptoms
かんけい 関係する	Cross-interaction
にじやういん つぎ げんいん 二次要因 (次の原因)	Secondary factors
しんたいてきやういん しんりてきやういん しゃかいてきやういん かんきやういん 身体的要因 心理的要因 社会的要因 環境要因	Physical factors, Psychological factors, Social factors, Environmental factors
こうどう しんりしやうじやう びーびーえすでいー 行動・心理 症状 (B P S D)	Behavioral and psychological symptoms of dementia (BPSD)

Narration

Behavioral and psychological symptoms of dementia (BPSD) are caused by the cross-interaction between the core symptoms, which are the primary factors, and the secondary factors, such as physical factors, psychological factors, social factors, and environmental factors. The symptoms of dementia appear as a combination of core symptoms and behavioral and psychological symptoms of dementia (BPSD).



<small>にんちしょう ちゅうかくしょうじょう</small> 認知症の 中核 症状	Core symptoms of dementia
<small>ちゅうかくしょうじょう</small> 中核 症状 とは	What are the core symptoms?
<small>にんちしょう なか いちばん おお ある つ は い ま がたにんちしょう ちゅうかくしょうじょう</small> 認知症の中で 一番 多い アルツハイマー型認知症の 中核 症状 について 勉強 します	Let's think about the core symptoms of dementia of the Alzheimer's type, the most typical dementia.

Narration

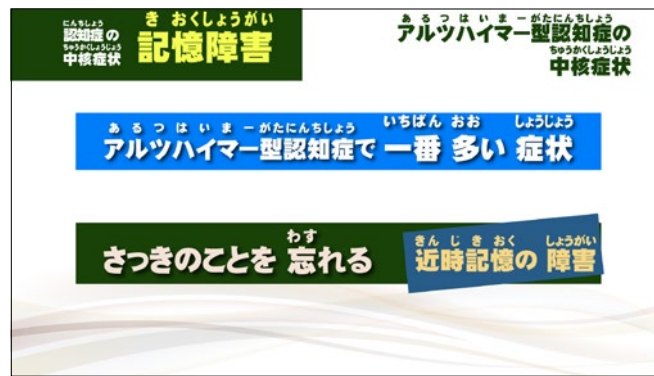
The core symptoms vary depending on the causative diseases.
 Here, let's learn about the core symptoms of dementia of the Alzheimer's type, which is the most typical dementia.



にんちしょう ちゅうかくしょうじょう 認知症の中核症状	Core symptoms of dementia
あるつはいまーがたにんちしょう ちゅうかくしょうじょう アルツハイマー型認知症の中核症状	Core symptoms of dementia of the Alzheimer's type
きおくしょうがい 記憶障害	Memory impairment
すぐ前のもの忘れが出ます (近時記憶の障害といます)	Forget recent events (short term memory impairment)
けんとうしき しょうがい 見当識の障害	Cognitive impairment
じかん ばしょ ひと 時間、場所、人のことがわからなくなります	Become unable to know the time, the place, or recognize people
しこう はんだんりょく しょうがい 思考や判断力の障害	Thought disorder and impaired judgement
なに おぼえることが むずかしくなります なに 何かを決めることができなくなります	Lose the continuity of thought and become unable to make judgment
じっごうきのう しょうがい 実行機能の障害	Executive function disorder
けいかく なに 計画して何かをすることができなくなります	Become unable to understand procedures

Narration

The core symptoms of dementia of the Alzheimer's type include memory impairment, cognitive impairment, thought disorder and impaired judgement, and executive function disorder.

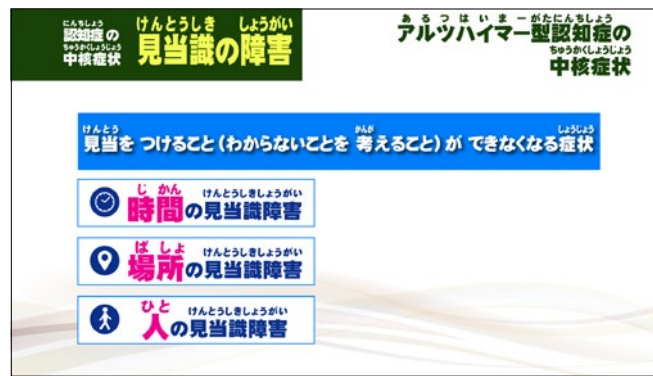


にんちしょう ちゅうかくしょうじょう きおくしょうがい 認知症の中核症状 記憶障害	Core symptoms of dementia Memory impairment
あるつはいまーがたにんちしょう ちゅうかくしょうじょう アルツハイマー型認知症の中核症状	Core symptoms of dementia of the Alzheimer's type
あるつはいまーがたにんちしょう いちばん おお しょうじょう アルツハイマー型認知症で一番多い症状	The fundamental symptom of dementia of the Alzheimer's type
さっきのことを ^{わす} 忘れる	Forget recent events
きんじきおく しょうがい 近時記憶の障害	Short term memory impairment

Narration

The first symptom is memory impairment.

Memory impairment, represented by forgetfulness, is the most common symptom of dementia of the Alzheimer's type. In particular, it is characterized by the inability to remember recent events and things that just happened, and is also called “short term memory impairment”.

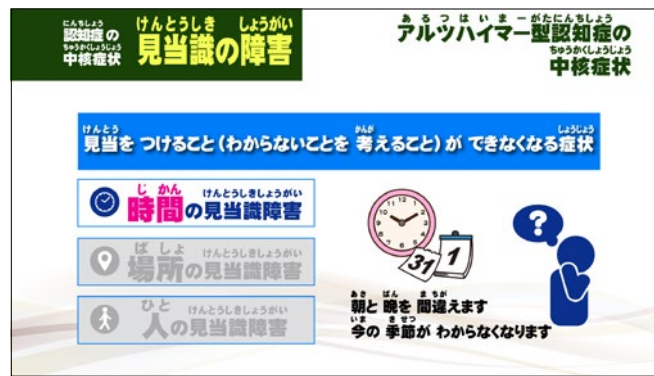


<small>にんちしょう ちゅうかくしょうじょう けんとうしき しょうがい</small> 認知症の中核症状 見当識の障害	Core symptoms of dementia Cognitive impairment
<small>あるとはいまーがたにんちしょう ちゅうかくしょうじょう</small> アルツハイマー型認知症の中核症状	Core symptoms of dementia of the Alzheimer's type
<small>けんとう かんが</small> 見当をつけること(わからないことを考えること)ができなくなる症状	Disorientation symptoms
<small>じかん けんとうしきしょうがい</small> 時間の見当識障害	Time cognitive impairment
<small>ばしょ けんとうしきしょうがい</small> 場所の見当識障害	Space cognitive impairment
<small>ひと けんとうしきしょうがい</small> 人の見当識障害	Person cognitive impairment

Narration

The second symptom is cognitive impairment.

Cognitive impairment is the disorientation symptom. In addition to time cognitive impairment (i.e., the patient does not know the time), there are space cognitive impairment (i.e., the patient does not know the place), and person cognitive impairment (i.e., the patient cannot recognize people close to them).



にんちしょう ちゅうかくしょうじょう けんとうしき しょうがい 認知症の中核症状 見当識の障害	Core symptoms of dementia Cognitive impairment
あるつはいまーがたにんちしょう ちゅうかくしょうじょう アルツハイマー型認知症の中核症状	Core symptoms of dementia of the Alzheimer's type
けんとう 見当をつけること(わからないことを考えること)が きなくなる しょうじょう 症状	Disorientation symptoms
じかん けんとうしきしょうがい 時間の見当識障害	Time cognitive impairment
あさ ばん まちが 朝と晩を間違えます いま きせつ 今の季節がわからなくなります	Confused between day and night, or lose the concept of seasons

Narration

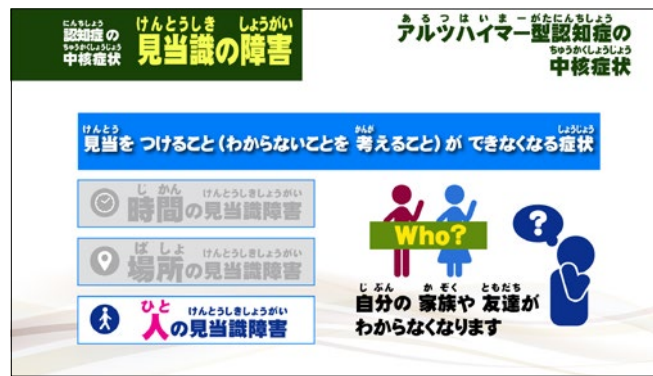
With the "time cognitive impairment", the patient may be confused between day and night, or lose the concept of seasons.



にんちしょう ちゅうかくしょうじょう けんとうしき しょうがい 認知症の 中核 症状 見当識の 障害	Core symptoms of dementia Cognitive impairment
あるつはいまーがたにんちしょう ちゅうかくしょうじょう アルツハイマー型認知症の 中核 症状	Core symptoms of dementia of the Alzheimer's type
けんとう 見当をつけること(わからないことを かんがえること)が できなくなる 症状	Disorientation symptoms
ばしょ けんとうしきしょうがい 場所の 見当識 障害	Space cognitive impairment
なみち 慣れた道が わからなくなります いえ かえ 家に 帰ることが できなくなります	Get lost even in a familiar place and unable to go home

Narration

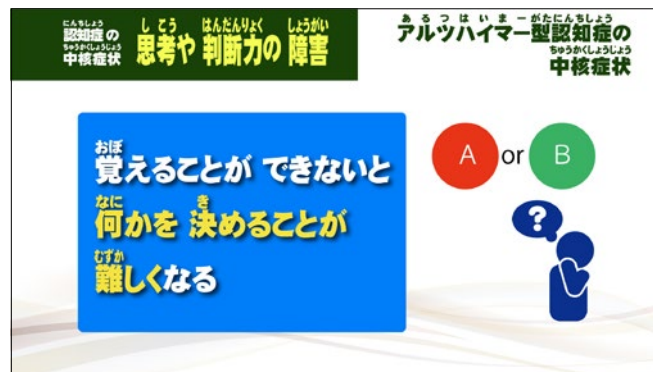
When “space cognitive impairment” occurs, even in a familiar place, the patient may get lost and unable to go home, or they may not remember where their toilet is.



にんちしょう ちゅうかくしょうじょう けんとうしき しょうがい 認知症の 中核 症状 見当識の 障害	Core symptoms of dementia Cognitive impairment
あるつはいまーがたにんちしょう ちゅうかくしょうじょう アルツハイマー型認知症の 中核 症状	Core symptoms of dementia of the Alzheimer's type
けんとう 見当をつけること(わからないことを 考えること)がで きなくなる 症状	Disorientation symptoms
ひと けんとうしきしょうがい 人の 見当識 障害	Person cognitive impairment
じぶん かぞく ともだち 自分の 家族や 友達が わからなくなります	Cannot recognize close people

Narration

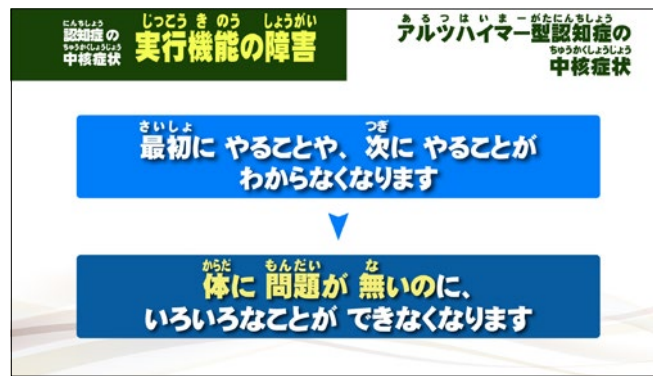
As the disease progresses, “people cognitive impairment” also occurs, making the patient unable to recognize the people close to them.



にんちしょう ちゅうかくしょうじょう しこう はんだんりよく しょうがい 認知症の 中核 症状 思考や 判断力の 障害	Core symptoms of dementia Thought disorder and impaired judgement
あるつはいまーがたにんちしょう ちゅうかくしょうじょう アルツハイマー型認知症の 中核 症状	Core symptoms of dementia of the Alzheimer's type
おぼ 覚えることが できないと	The continuity of thought is lost
なに き 何かを 決めることが 難しくなる	and judgment ability declines

Narration

The third symptom is thought disorder and impaired judgement. In general, humans often rely on memory to make decisions. However, because the disease impairs our memory, our judgment ability also declines.



にんちしょう ちゅうかくしょうじょう じっこうきのう しょうがい 認知症の 中核 症状 実行機能の 障害	Core symptoms of dementia Executive function disorder
あ る つ は い ま ー がたにんちしょう ちゅうかくしょうじょう アルツハイマー型認知症の 中核 症状	Core symptoms of dementia of the Alzheimer's type
さいしょ つぎ 最初に やることや、次に やることが わからなくなります	Become unable to understand the procedure of tasks
からだ もんだい な 体に 問題が 無いのに、いろいろなことが できなくなりま す	Become unable to perform various tasks even though there is no disturbance of motor function

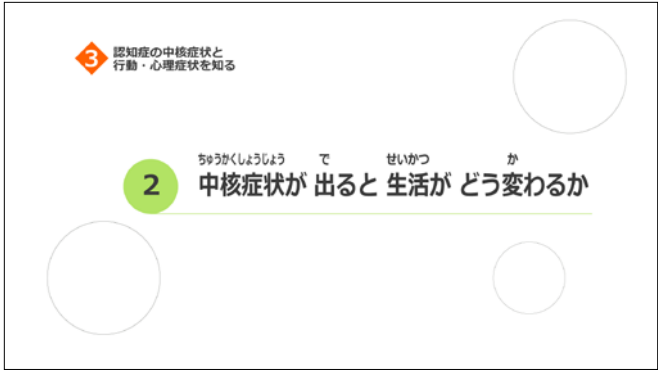
Narration

The fourth symptom is executive function disorder. When executive function disorder occurs, it becomes difficult for the patient to understand the procedures of tasks. Therefore, even though there is no disturbance of motor function, they cannot perform various tasks.



ここまで おぼ 覚えたことを ふくしゅう 復習 しましょう	Let's review what we have learned so far
つぎ しつもん こた 次の質問に 答えてください	Answer the questions on the next page.

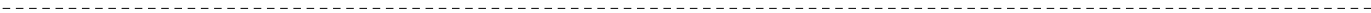
2 Impacts of core symptoms on daily life

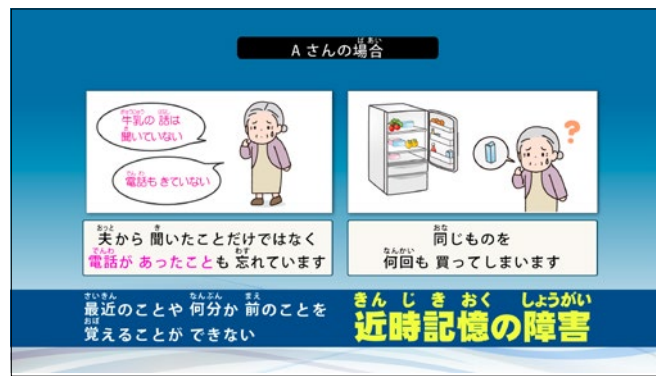


<p>だい しょう にんちしょう ちゅうかくしょうじょう こうどう しんりしょうじょう し 第3章 認知症の中核症状と行動・心理症状を知る</p>	<p>Chapter 3 Understanding the core symptoms and behavioral and psychological symptoms of dementia</p>
<p>ちゅうかくしょうじょう で せいかつ か ② 中核症状が出ると生活がどう変わるか</p>	<p>② Impacts of core symptoms on daily life</p>

Narration

Next, let's learn how the core symptoms of dementia affect the patients' lives.





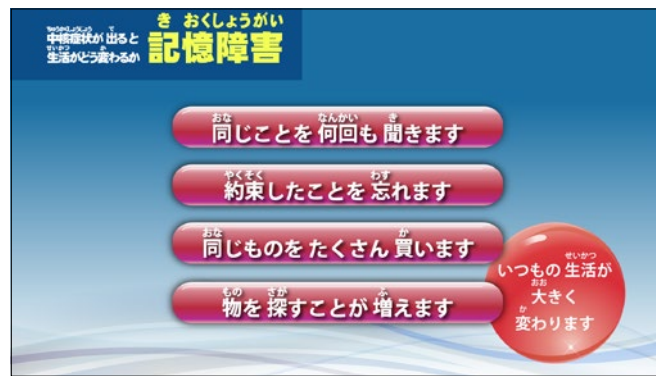
えー Aさんの場合	Mrs. A's case
ぎゅうにゅう はなし き 牛乳の話は聞いていない	I didn't take any message
でんわ 電話もきていない	I didn't receive any phone call
おっと き 夫から聞いたことだけでなく 電話が あったことも わす れていきます	She forgot not only the message from her husband but also the fact that she had received a call
おなじ なんかい か 同じものを何回も買ってしまいます	She bought the same items several times
さいきん なんぶん まえ おぼ 最近のことや何分か前のことを覚えることができない	Inability to remember things that just happened or recent events
きんじきおく しょうがい 近時記憶の障害	Short term memory impairment

Narration

How do the core symptoms of dementia affect the patients' daily lives? Let's take a look at Mrs. A's case again.

Mrs. A forgot not only the message from her husband but also the fact that she had received a call. Also, she bought the same items several times.

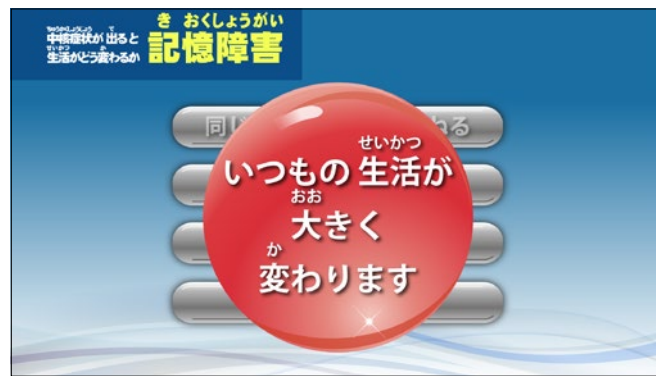
The cause is the short term memory impairment, which makes the patient unable to remember things that just happened or recent events.



ちゅうかくしょうじょう 中核症状が出ると生活がどう変わるか	Impacts of core symptoms on daily life
きおくしょうがい 記憶障害	Memory impairment
おなじことをなんかいも聞きます	Ask the same questions over and over
やくそくしたことをわすれます	Forget engagements
おなじものをたくさん買います	Buy the same items over again
ものさがすことが増えます	Look for things more frequently
いつもの生活が大きく変わります	Various effects on daily life

Narration

First of all, sudden memory impairment has various effects on the patient’s daily life. One characteristic of dementia forgetfulness is that the patients remember the old days relatively well, but may completely forget what just happened. Therefore, they forget what they just said and talk about the same thing, and ask the same questions over and over again. They may also forget their engagements, miss meetings, or buy a lot of the same things. Moreover, they often have to look for things. Because not only do they forget where they put things away, but they also forget having put things away, they end up looking for things in the same place many times.



ちゅうかくしょうじょう で せいかつ か 中核 症状 が 出ると 生活が どう変わるか	Impacts of core symptoms on daily life
きおくしょうがい 記憶 障害	Memory impairment
いつもの せいかつ おお か いつもの 生活が 大きく 変わります	The more severe the forgetfulness is, the more difficult the daily life becomes

Narration

In this way, the more severe the forgetfulness is, the more difficult their daily lives become.



えー ばあい Aさんの 場合	Mrs. A's case
か ものから いえ へ 帰るための みち 買い物から 家に帰るための 道が わからなくなります	She got lost from the shop that she usually went to
むかし し さんじょう ひと あ 昔から 知っている 近所の人に 会っても その人が 誰だか わかりません	Even when she met her long-time close neighbors, she often didn't know who they were
じかん ばしょ ひと けんとう 時間や 場所 人などの 見当が つかなくなる けんとうしき しょうがい 見当識の 障害	Become disoriented to time, space and people Cognitive impairment

Narration

It also took Mrs. A several hours to get home from the shop that she usually went to because she got lost.

Furthermore, even when she met her long-time close neighbors, she often didn't know who they were. Why did this happen?

The reason is the "cognitive impairment" that makes the patients become disoriented to time, space and people.

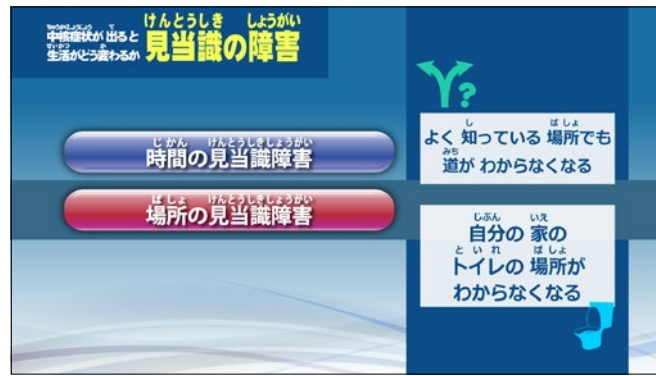


ちゅうかくしょうじょう で せいかつ か 中核 症状 が 出ると 生活が どう変わるか	Impacts of core symptoms on daily life
けんとうしき しょうがい 見当識の 障害	Cognitive impairment
じかん けんとうしきしょうがい 時間の 見当識 障害	Time cognitive impairment
いつも やっていることが わからない	Disruption of daily life rhythm
いま ひる ばん 今が 昼か 晩か わからない	Confusion between day and night

Narration

Next, let's think about how cognitive impairment affects the patients' lives.

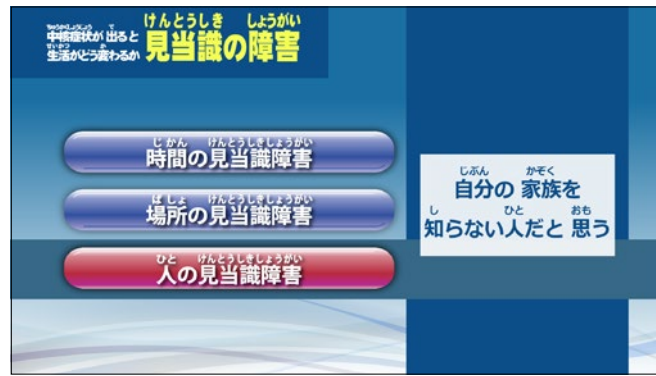
Time cognitive impairment disrupts the daily rhythm. For example, the patients may get confused between day and night and try to go out at night.



ちゅうかくしょうじょう で せいかつ か 中核 症状 が 出ると 生活が どう変わるか	Impacts of core symptoms on daily life
けんとうしき しょうがい 見当識の 障害	Cognitive impairment
じかん けんとうしきしょうがい 時間の 見当識 障害	Time cognitive impairment
ばしょ けんとうしきしょうがい 場所の 見当識 障害	Space cognitive impairment
よく し 知っている 場所でも みち 道が わからなくなる	Get lost even in a familiar place
じぶん いえ と いれ ばしょ 自分の 家の トイレの 場所が わからなくなる	Don't know where the toilet is

Narration

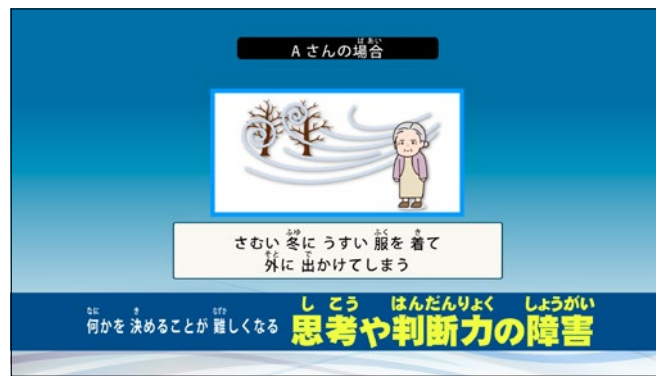
When space cognitive impairment occurs, the patients may get lost even in familiar places or not know where their toilet is.



ちゅうかくしょうじょう で せいかつ か 中核 症状 が 出ると 生活が どう変わるか	Impacts of core symptoms on daily life
けんとうしき しょうがい 見当識の 障害	Cognitive impairment
じかん けんとうしきしょうがい 時間の 見当識 障害	Time cognitive impairment
ばしょ けんとうしきしょうがい 場所の 見当識 障害	Space cognitive impairment
ひと けんとうしきしょうがい 人の 見当識 障害	Person cognitive impairment
じぶん かぞく し ひと おも 自分の 家族を 知らない人だと思ふ	Feel unfamiliar with family members

Narration

When person cognitive impairment occurs, the patient feels unfamiliar with their family members, confusing not only themselves but also the whole family.



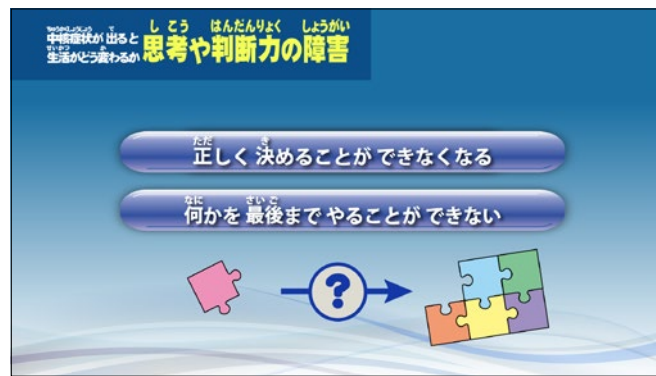
えー Aさんの ばあい 場合	Mrs. A's case
さむい 冬に うすい 服を 着て 外に 出かけてしまう	She went out in thin clothes during the cold winter months
なに 何かを 決めることが 難しくなる	Thought disorder and impaired judgement
しこう はんだんりよく しょうがい 思考や 判断力の 障害	make it difficult to make proper judgments

Narration

Mrs. A often went out with a thin blouse during the cold winter months.

Why did this happen?

The reason is that it has become difficult for her to make proper decisions, such as wearing warm clothes to keep her body warm from the cold outside.



ちゅうかくしょうじょう で せいかつ か 中核 症状 が 出ると 生活が どう変わるか	Impacts of core symptoms on daily life
しこう はんだんりよく しょうがい 思考や 判断力の 障害	Thought disorder and impaired judgement
ただ き 正しく 決めることが できなくなる	Unable to make judgments based on the situation
なに さいご 何かを 最後まで やることが できない	Unable to finish a task

Narration

The patients do not know what to do, and cannot act according to their purposes.

These problems are more likely to be caused by memory impairment.

Humans often make judgements based on past memories or by considering the time relation with last-minute information.

However, if you have dementia, you will not be able to make judgements based on the situation. Therefore, you do not know what to do or may do things halfway.



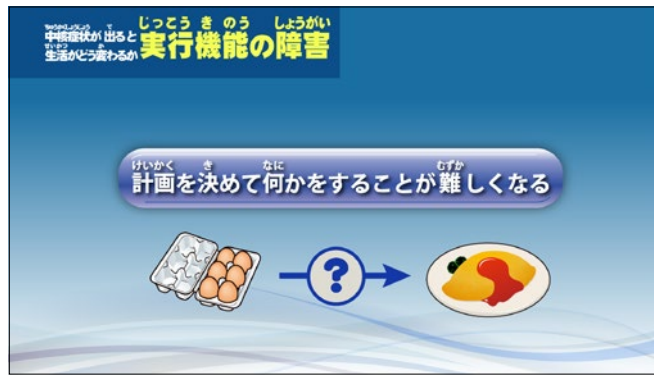
えー ばあい Aさんの場合	Mrs. A's case
いつも料理を作っていました。 作る料理の味が少しずつ変わりました。 味がなくなることもありました。 作る料理も少なくなりました。	She used to cook carefully, but her seasoning method gradually changed and the food became tasteless. The number of dishes that she can cook has become fewer
なに何かをするときに計画を決めて最初にやることや次にやることを考えることが難しくなる	It becomes difficult for the patients to plan and follow steps
じつこうきのうしょうがい 実行機能の障害	Executive function disorder

Narration

Before, Mrs. A loved cooking and always cooked a lot of dishes carefully. However, her seasoning method gradually changed and the food became tasteless. She even oddly added sausages in miso soup. Eventually, the number of dishes that she can cook has become fewer to only a couple of dishes, such as rice and miso soup.

Why did this happen?

The reason is the executive function disorder that makes it difficult for the patients to plan and follow steps.

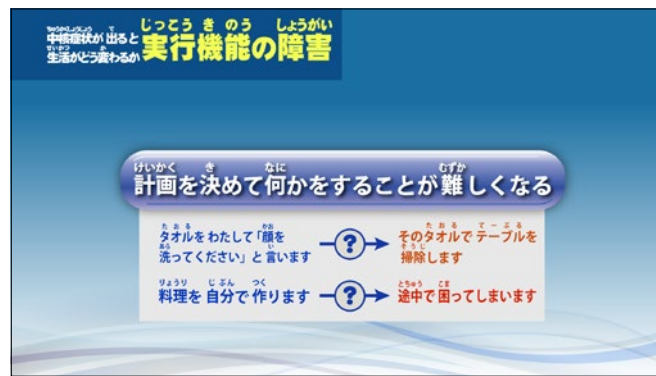


ちゅうかくしょうじょう で せいかつ か 中核 症状 が 出ると 生活が どう変わるか	Impacts of core symptoms on daily life
じつこうきのう しょうがい 実行機能の 障害	Executive function disorder
けいかく き なに むずか 計画を 決めて 何かをすることが 難しくなる	Difficulties in planning and performing tasks

Narration

Cooking, making tea, washing your face with a towel, etc. are the tasks that you must plan before doing, and you must remember the steps before doing.

If you do not know the steps, you cannot do these tasks properly.

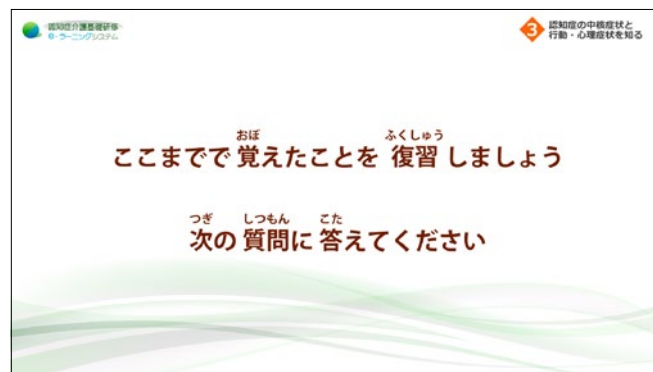


ちゅうかくしょうじょう で せいかつ か 中核 症状 が 出ると 生活が どう変わるか	Impacts of core symptoms of dementia on daily life
じつこうき のう しょうがい 実行機能の 障害	Executive function disorder
けいかく き なに むずか 計画を 決めて 何かをすることが 難しくなる	Difficulties in planning and performing tasks
た おる を わたして 顔を 洗ってください」と います タオルを わたして 「顔を 洗ってください」と います	Give the patient a towel and say "Please wash your face"
そのタオルで テーブルを 掃除します	The patient start to wipe the table with that towel
りょうり じぶん つく 料理を 自分で 作ります	The patient cook some food
とちゅう こま 途中で 困ってしまいます	The patient get confused halfway through

Narration

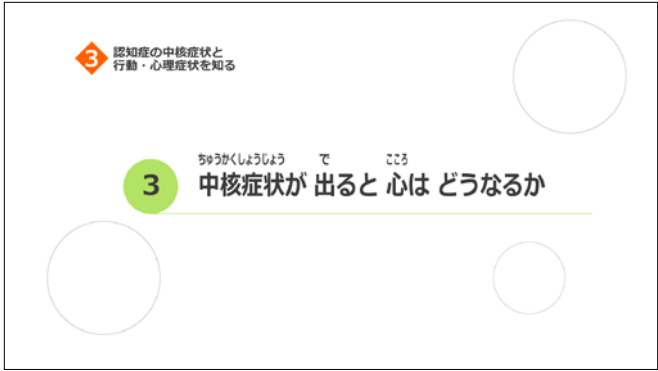
So even if you are given a towel and told to wash your face, you may start wiping the table with that towel.

You may also not know the correct order when cooking and get confused halfway.



ここまでで 覚えたことを 復習 しましょう	Let's review what we have learned so far
つぎ 質問に 答え てください	Answer the questions on the next page.

3 Psychological effects of core symptoms



<p>第3章 認知症の中核症状と行動・心理症状を知る</p>	<p>Chapter 3 Understanding the core symptoms and behavioral and psychological symptoms of dementia</p>
<p>③ 中核症状が出ると心はどうなるか</p>	<p>③ Psychological effects of core symptoms</p>

Narration

Next, let's learn how the core symptoms of dementia affect the psychological aspects of people with dementia.



例 Eさんの場合 ある日の昼のこと	Case study A day of Mr. E
Eさんについて	Profile
Eさん/75歳/男性	Mr. E 75 years old Male
あるつはいまーがたにんちしょう アルツハイマー型認知症	Dementia of the Alzheimer's type
とくべつようごろうじんほーむ ーむ はい げつ ・特別養護老人ホームに入ってから6か月です	Moved to a <u>special nursing home for older people</u> for half a year
ぶらいど たか ・プライドが高いです きむずかしい ころろ ひと ・気むずかしい心の人です	Haughty and grumpy
ろうじんほーむ ーむ なか おこ ある ・老人ホームの中を怒りながら歩いています	Often wanders when being restless
ともだち すく ・友達は少ないです	Does not have any close friend
ときどき おこ 怒って おお 声を だ 出しています。	Sometimes yells out loud

Narration

Let's take a look at the case of Mr. E, a 75-year-old man with dementia of the Alzheimer's type. It has been half a year since Mr. E moved to a special nursing home for the elderly.

He is a haughty and a bad-tempered person.

He seems particularly frustrated and nervous these days, and he has often been caught wandering the hall alone.

He does not have any close friends, and he has occasionally seen yelling out loud.

Glossary

Special nursing home for older people : This is a nursing home for those in need of care.



れい いー ばあい ひ ひる 例 Eさんの場合 ある日の昼のこと	Case study A day of Mr. E
-------------------------------------	---------------------------

Narration

One afternoon, when everyone was eating, Mr. E seemed nervous and tried to leave his seat.



れい いー ばあい ひ ひる 例 Eさんの場合 ある日の昼のこと	Case study A day of Mr. E
いー Eさん どうしましたか？	“Are you okay, Mr. E?”
まだ ごはんが 途中でですよ。	“You haven’t finished your meal yet”

Narration

Immediately, a staff member rushed in and said, “Are you okay, Mr. E? You haven’t finished your meal yet.” She put her hand on his shoulder and urged him to sit back in his chair.



れい いー ばあい 例 Eさんの場合 ある日の昼のこと	Case study A day of Mr. E
だれだ！もういい！	“Who are you? Go away!”

Narration

Then, Mr. E looked startled and shook off the staff member's hand. "Who are you, go away!" he said and started walking toward the hall.



れい いー ばあい 例 Eさんの場合 ある日の昼のこと	Case study A day of Mr. E
--------------------------------	---------------------------

Narration

Mr. E was so flustered that the staff member became scared and followed him a little way behind, but Mr. E sometimes looked back and walked more quickly down the hall.



れい いー ばあい ひ ひる 例 Eさんの場合 ある日の昼のこと	Case study A day of Mr. E
そと で 外に出たらだめですよ！	"Mr. E, you shouldn't go outside!"
むすこ 息子さんか むかえにきますから！	"Your son will pick you up later!"

Narration

Then, he opened the front door and tried to go outside. Seeing that, the staff member hurriedly said, "Mr. E, you shouldn't go outside! Your son will pick you up later!"



れい いー ばあい ひ ひる 例 Eさんの場合 ある日の昼のこと	Case study A day of Mr. E
-------------------------------------	---------------------------


Narration

When she tried to grab Mr. E's arm, he yelled and hit her with his cane.

例 Eさんの場合
ある日の昼のこと

なぜ、急に歩いて、
老人ホームで働いている人を
たたいたのでしょうか？

Eさんと同じ気持ちになって
Eさんのことを考えましょう



例 Eさんの場合 ある日の昼のこと	Case study A day of Mr. E
なぜ、急に歩いて、老人ホームで働いている人をたたいたのでしょうか	Why did Mr. E suddenly start walking away and hit the staff?
Eさんと同じ気持ちになって Eさんのことを考えましょう	Let's think about Mr. E's feelings from his point of view

Narration


Why did Mr. E suddenly start walking away and hit the staff member? Is Mr. E a violent or ill-tempered person?

Let's think about Mr. E's feelings from his point of view.

状況

昼ごはんのとき Eさんは
安心してのように
みえませんでした。
そして、急にいすから
立とうとしました。

Eさんは、
何を考えていたのでしょうか？
どんな気持ちだったのでしょうか？

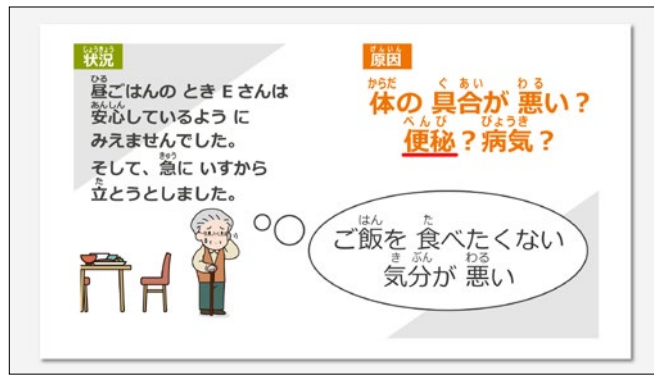


状況 昼ごはんのとき Eさんは安心してのようにみえませんでした。 そして、急にいすから立とうとしました。	Situation Mr. E nervously tried to get up from his seat
Eさんは何を考えていたのでしょうか	What was he thinking about?
どんな気持ちだったのでしょうか	How did he feel?

Narration

First, when Mr. E was eating with everyone, he nervously tried to get up from his seat.

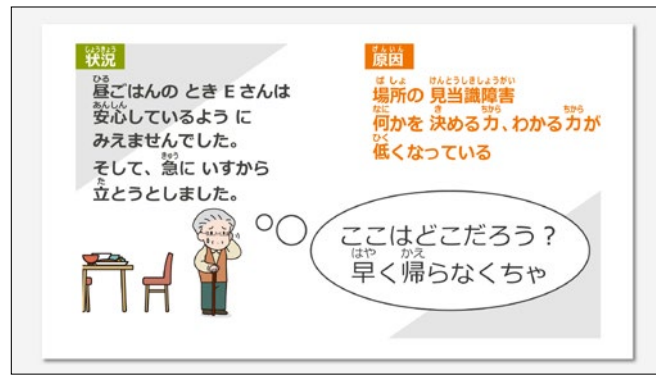
What was Mr. E thinking at that time? How did he feel? Let's think about Mr. E's feelings.



<p>じょうきょう ひる 状況 昼ごはんのとき Eさんは 安心して いるように 見えませんでした。 そして、急に いすから 立とうとしました。</p>	<p>Situation Mr. E nervously tried to get up from his seat</p>
<p>げんいん 原因</p>	<p>Cause</p>
<p>からだ くあい わる 体の 具合が 悪い? 便秘? 病気?</p>	<p>Poor physical condition? Constipated? Sick?</p>
<p>はん た ご飯を 食べたくない きぶん わる 気分が 悪い</p>	<p>I have no appetite and don't feel good either</p>

Narration

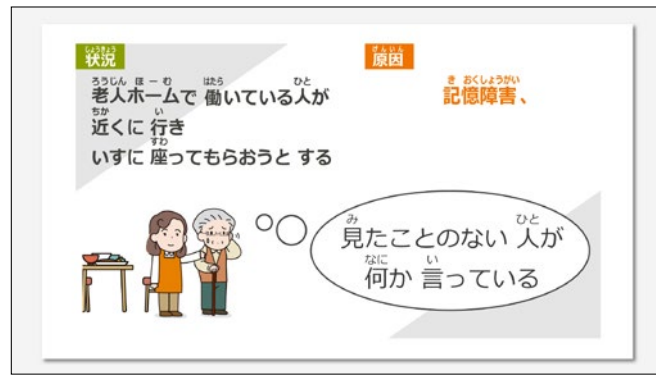
Judging from Mr. E's nervous appearance, he might be in a poor physical condition, or might have constipation or feel pain somewhere. Mr. E might think, "I have no appetite and I don't feel good."



<p>じょうきょう ひる 状況 昼ごはんのとき Eさんは 安心して いるように 見えませんでした。 そして、急に いすから 立とうとしました。</p>	<p>Situation Mr. E nervously tried to get up from his seat</p>
<p>げんいん 原因</p>	<p>Cause</p>
<p>ばしょ けんとうしきしょうがい 場所の 見当識 障害 なに き ちから ちから ひく 何かを 決める力、わかる力が 低くなっている</p>	<p>Space cognitive impairment Judgment ability and comprehension impairment</p>
<p>ここは どこだろう はや かせ 早く 帰らなくちゃ</p>	<p>Where am I? I have to go home soon</p>

Narration

In addition, not knowing where he was or the situation due to cognitive impairment and impaired comprehension, which are symptoms of dementia of the Alzheimer's type, he might think: "Where am I? This place seems strange. Why am I here? I have to go home soon."

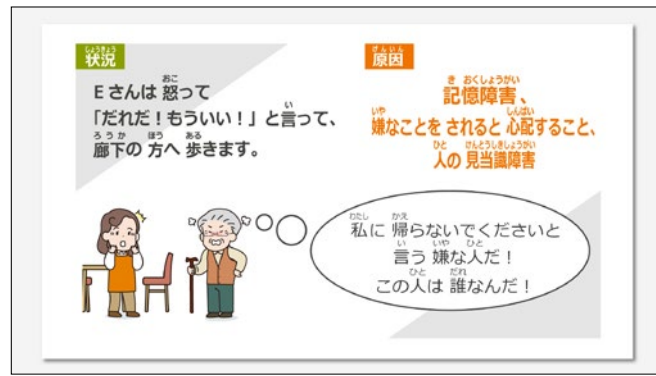


状況 老人ホームで働いている人が近くに行きいすに座ってもらおうとする	Situation The staff member stays by his side, and urged Mr. E to sit down
原因	Cause
記憶障害	Memory impairment,
見たことのない人が何か言っている	A stranger I've never seen before is saying something

Narration

The staff member who was watching this situation rushed to Mr. E and said, "You haven't finished your meal yet" and urged him to sit back to the chair by putting her hand on his shoulder.

Due to memory impairment, Mr. E did not remember the staff member who he should have met several times. That situation seemed like there was a very rude stranger who met him for the first time, touched his shoulders in a too friendly manner and tried to force him to sit down even though he wanted to go home. Mr. E may feel that he was suddenly approached and required to "sit down" by a complete stranger that he had never met before.

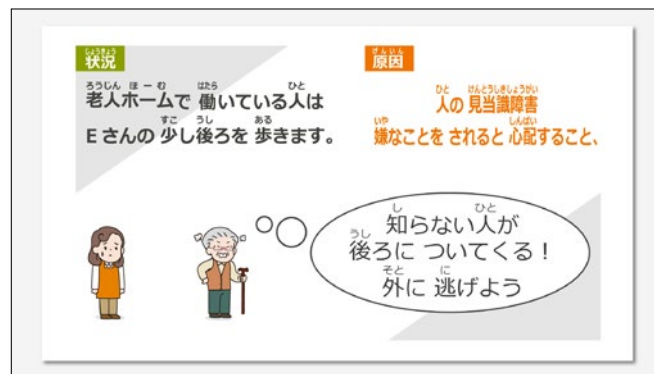


<p>状況 Eさんは怒って「だれだ！もういい！」と言って、廊下の方へ歩きます。</p>	<p>Situation Mr. E shook off the staff member's hand and said, "Who are you? Go away!" and started walking toward the hall</p>
<p>原因</p>	<p>Cause</p>
<p>記憶障害、嫌なことをされると心配すること、人の見当識障害</p>	<p>Memory impairment, Persecutory delusion, Person cognitive impairment</p>
<p>私に帰らないでくださいと言う嫌な人だ！ この人は誰なんだ！</p>	<p>A rude stranger ordered me around! Who on Earth are you!</p>

Narration

Also, due to the feeling of distrust, he started to feel threatened like the stranger was about to do something to him. Furthermore, Mr. E shook off the staff member's hand and said, "Who are you! Go away!", and started walking toward the hall.

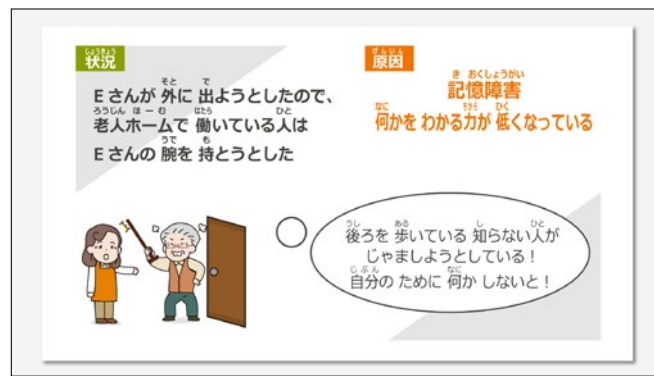
Due to his distrust and threatened feelings, Mr. E was angry because "I wanted to go home but a rude stranger made me stay." Due to memory impairment and person cognitive impairment, he did not know who the staff member was and the feeling of threat grew even stronger.



<p>状況 老人ホームで働いている人は Eさんの少し後ろを歩きます。</p>	<p>Situation The staff member followed him while keeping her distance</p>
<p>原因</p>	<p>Cause</p>
<p>人の見当識障害 嫌なことをされると心配すること</p>	<p>Person cognitive impairment Persecutory delusion</p>
<p>知らない人が後ろについてくる！ 外に逃げよう</p>	<p>This stranger is stalking me! I have to get out of here</p>

Narration

Then, seeing how flustered Mr. E was, the staff member became scared and followed him a little way behind. Mr. E might feel more threatened from the fear of "a grimacing stranger stalking me" due to his person cognitive impairment. Therefore, he might think that he must go out as soon as possible.



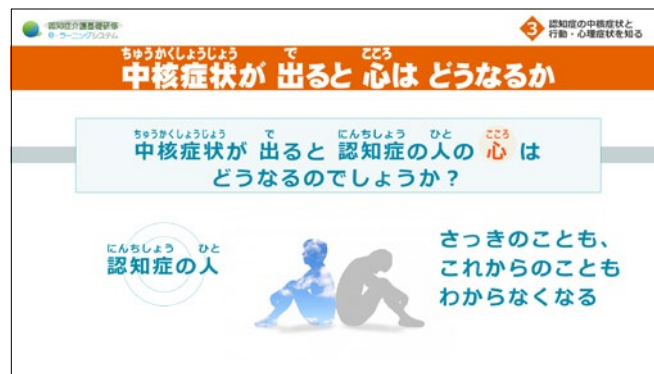
<p>状況 Eさんが外に出ようとしたので、老人ホームで働いている人はEさんの腕を捉とうとした</p>	<p>Situation Mr. E was about to go out,so the staff member tried to grab his arm</p>
<p>原因</p>	<p>Cause</p>
<p>記憶障害 何かをわかる力が低くなっている</p>	<p>Memory impairment Comprehension impairment</p>
<p>後ろを歩いている知らない人がじゃましようとしている！ 自分のために何かしないと！</p>	<p>The stalker is trying to get in my way! I have to protect myself!</p>

Narration

The staff member said hurriedly, "You can't go outside! Your son will pick you up later!" then tried to grab Mr. E's arm when he intended to go outside.

Mr. E has memory impairment and impaired comprehension, and he might think that "a stranger is holding my arm and disturbing me. She even knows about my son", which made him even more suspicious of the staff. She grabbed his arm abruptly, so he might have tried to hit her with his cane to protect himself.

So far, we have discussed Mr. E's feelings from his point of view. At first glance, it looks like Mr. E is a violent person who suddenly got angry. However, from Mr. E's point of view, his reactions are very legitimate and convincing.



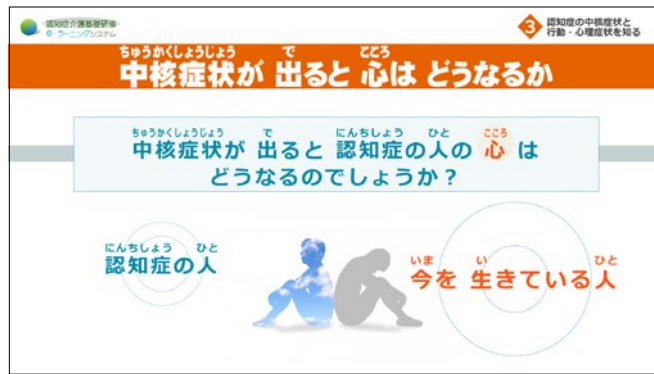
ちゅうかくしょうじょう で ところ 中核 症状 が 出ると 心は どうなるか	Psychological effects of core symptoms
ちゅうかくしょうじょう で にんちしょう ひと ところ 中核 症状 が 出ると 認知症の人の 心は どうなるので しょうか？	How do core symptoms affect the psychological aspects of people with dementia?
にんちしょう ひと 認知症の人	People with dementia
さっきの ことも、これからの ことも わからなくなる	Do not know what they were doing or what they are going to do

Narration

How do core symptoms affect the psychological aspects of people with dementia?

People with dementia have sudden forgetfulness. Also, they cannot remember their plans for 10 minutes later.

Therefore, they do not know what they were doing or what they are going to do.



ちゅうかくしょうじょう で ちこころ 中核 症状 が 出ると 心は どうなるか	Psychological effects of core symptoms
ちゅうかくしょうじょう で にんちしょう ひと こころ 中核 症状 が 出ると 認知症の人の 心は どうなるので しょうか？	How do core symptoms affect the psychological aspects of people with dementia?
にんちしょう ひと 認知症の人	People with dementia
いま い ひと 今を 生きている人	Live in the moment

Narration

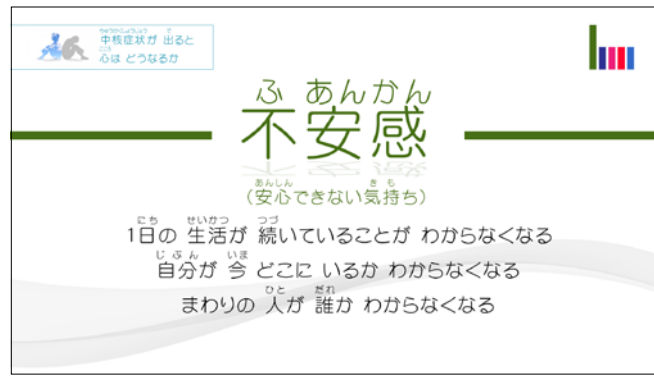
This is the reason why people with dementia are called "people who live in the moment."



中核 症状 が 出ると 心は どうなるか	Psychological effects of core symptoms
中核 症状 が 出ると 認知症の人の 心は どうなるので しょうか？	How do core symptoms affect the psychological aspects of people with dementia?
不安感	Anxiety
不快感	Discomfort
焦燥感	Impatience
怒りの感情	Anger
被害感	Feelings of threat

Narration

Many people are anxious or afraid that they will become unable to understand anything. In addition, they have to face many problems such as discomfort, impatience, feelings of anger, and feelings of threat. Let's think about these problems specifically.

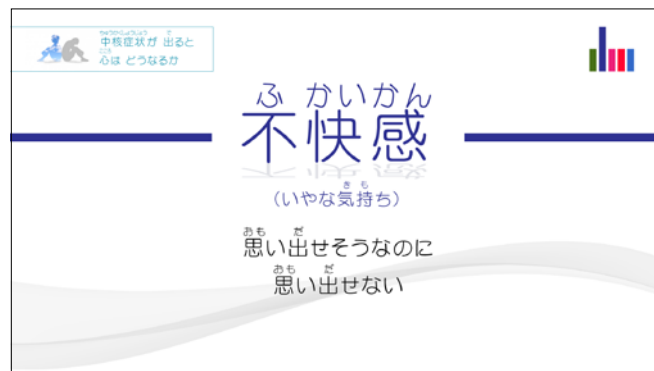


ちゅうかくしょうじょう で こころ 中核症状が出ると心はどうなるか	Psychological effects of core symptoms
ふあんかん あんしん 不安感 (安心できない気持ち)	Anxiety
いち せいかつ つづ 1日の生活が続いていることがわからなくなる	Losing the continuity of life
じぶん いま 自分が今どこにいるかわからなくなる	Not knowing where they are
まわりの人 が 誰か わからなくなる	Not knowing the people around

Narration

From the time we wake up in the morning until this moment, our daily life is connected by a continuous flow.

However, if the continuity of life is disrupted in some places, we tend to feel anxious and afraid. We also feel anxious when we do not know where we are or who the people around us are.



ちゅうかくしょうじょう で こころ 中核症状が出ると心はどうなるか	Psychological effects of core symptoms
ふかいかん 不快感 (いやな気持ち)	Discomfort
おもいだせそうなのに、おもいだせない	Cannot remember things that they should have

Narration

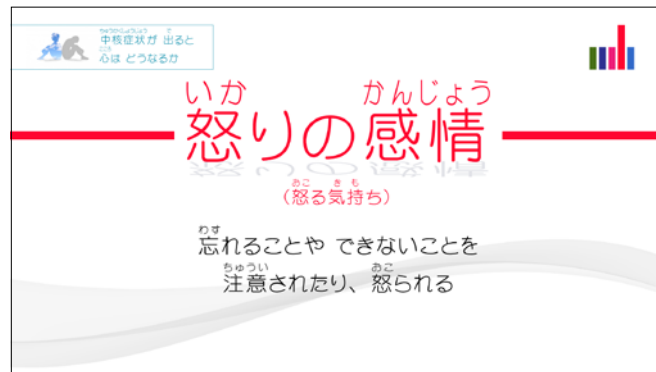
Forgetfulness can happen to normal people too. Discomfort becomes chronic when you frequently cannot remember things that you should have remembered.



ちゅうかくしょうじょう で こころ 中核症状が出ると心はどうなるか	Psychological effects of core symptoms
しょうそうかん おも 焦燥感 (思ったようにならず急ぐ気持ち)	Impatience
おも 思ったようにできない	Things do not go as expected

Narration

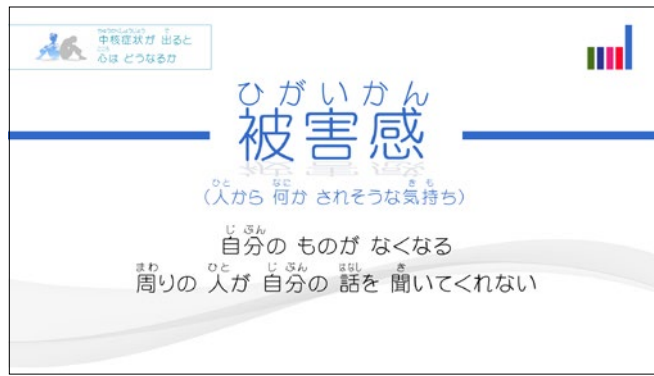
Moreover, when you cannot do what you want, you will become impatient, or in other words, you will become more frustrated and upset.



ちゅうかくしょうじょう で こころ 中核症状が出ると心はどうなるか	Psychological effects of core symptoms
いか かんじょう おこ きもち 怒りの感情 (怒る気持ち)	Anger
わすれることやできないことを ちゅうい 注意されたり、 おこ 怒られる	Being criticized or blamed for something they do not remember

Narration

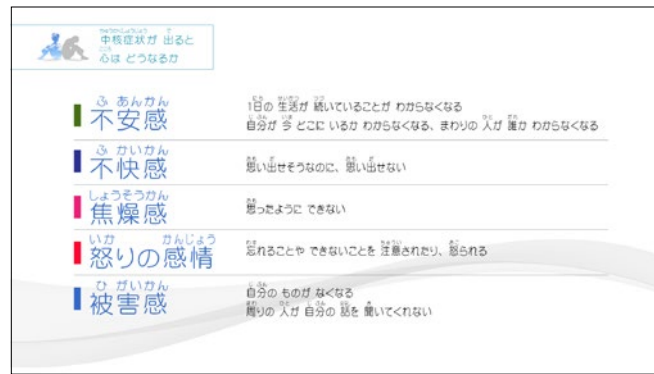
If you are criticized or blamed for something you do not remember having heard before, you may feel angry.



ちゅうかくしょうじょう で こころ 中核症状が出ると心はどうなるか	Psychological effects of core symptoms
ひがいかん ひと なに きも 被害感 (人から何かされそうな気持ち)	Feelings of threat
じぶん 自分のものがなくなる 周りの人が自分の話を聞いてくれない	Losing their stuff People around do not listen

Narration

In addition, when you lose things that you have certainly put away, or when people around you do not listen to you, you will feel threatened.



ちゅうかくしょうじょう で こころ 中核症状が出ると心はどうなるか	Psychological effects of core symptoms
ふあんかん 不安感	Anxiety
1日の生活が続いていることがわからなくなる 自分が今どこにいるかわからなくなる まわりの人が誰かわからなくなる	Losing the continuity of life Not knowing where they are Not knowing the people around
ふいかいかん 不快感	Discomfort
思い出せそうなのに、思い出せない	Cannot remember things that they should have
しょうそうかん 焦燥感	Impatience
思ったようにできない	Things do not go as expected
いか かんじょう 怒りの感情	Anger
忘れることやできないことを注意されたり、怒られる	Being criticized or blamed for something they do not remember
ひがいかん 被害感	Feelings of threat
自分のものがなくなる 周りの人が自分の話を聞いてくれない	Losing their stuff People around do not listen

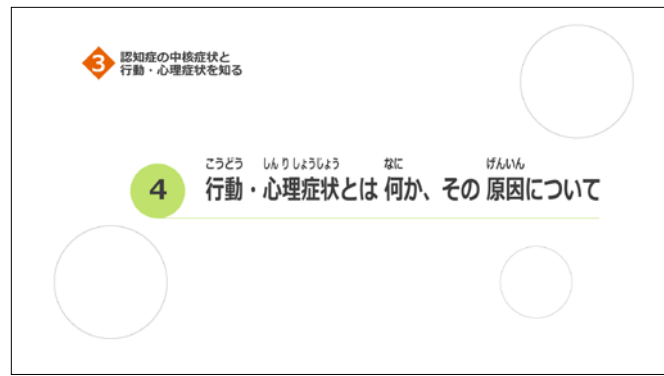
Narration

Therefore, the core symptoms of dementia can have various psychological effects on people with dementia.



ここまでおぼえたことを 復習しましょう	Let's review what we have learned so far
つぎの質問に 答えてください	Answer the questions on the next page.

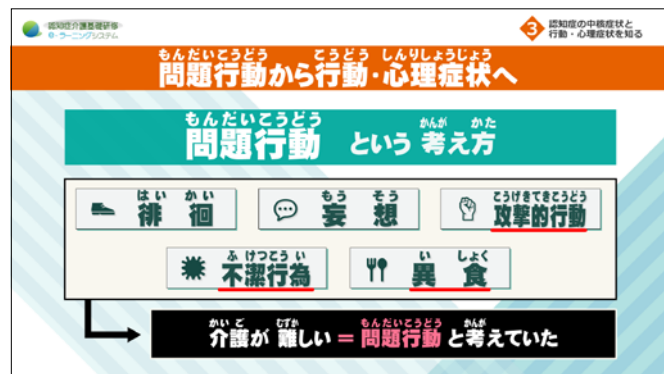
4 Understanding behavioral and psychological symptoms of dementia (BPSD) and its causes



第3章 認知症の中核症状と行動・心理症状を知る	Chapter 3 Understanding the core symptoms and behavioral and psychological symptoms of dementia
④ 行動・心理症状とは何か、その原因について	④ Understand behavioral and psychological symptoms of dementia (BPSD) and their causes

Narration

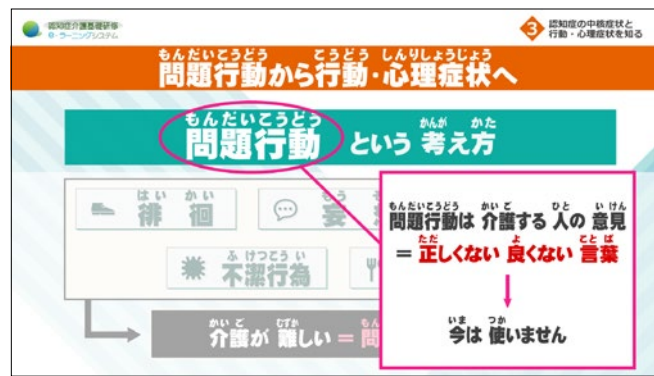
Next, let's think about behavioral and psychological symptoms of dementia (BPSD).



問題行動から 行動・心理症状へ	From problem behaviors to behavioral and psychological symptoms
問題行動という考え方	Understand problem behaviors
徘徊 妄想 攻撃的行動 不潔行為 異食	Wandering Delusion Aggressive behavior Unhygienic behaviors Pica
介護が難しい = 問題行動と 考えていた	Actions that make care difficult = Regarded as problem behaviors

Narration

Wandering, delusion, and aggressive behaviors in people with dementia were thought to be symptoms that make long-term care difficult, and were once called problem behaviors.



もんだいこうどう ころどう しんりしやうじやう 問題行動から 行動・心理 症状 へ	From problem behaviors to behavioral and psychological symptoms
もんだいこうどう かんが 問題行動という 考えること	Understand problem behaviors
もんだいこうどう かいご ひと いけん 問題行動は 介護する人の 意見	Expression from "caregivers' perspective"
ただ よくない ことば = 正しくない 良くない 言葉	= Ill-chosen expression
いま つか 今は 使いません	No longer used

Narration

However, these are only problems from the viewpoint of the caregivers. Therefore, the term is considered inappropriate and thus, is no longer used.

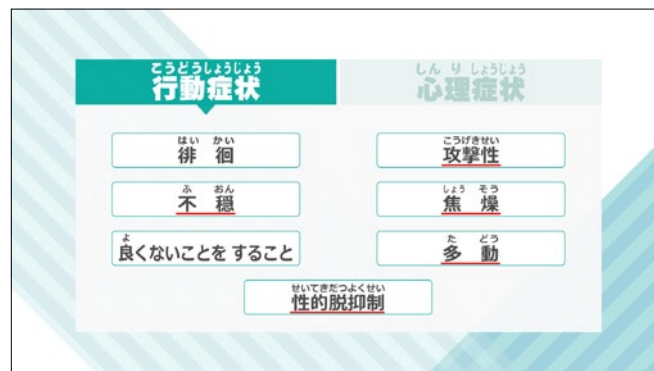
After that, they were called peripheral symptoms, meaning the symptoms that surround the core symptoms.



ちんだいこうどう かんが 問題行動と 考えること	Understand problem behaviors
はいかい もうそう こうげきこうどう ひげつこうい いしょく かいご 徘徊、妄想、攻撃的行動、不潔行為、異食などは 介護が むづか かんが かいご ひと いけん 難しいと 考えていた (介護する人の 意見)	Wandering, delusion, aggressive behaviors, unhygienic behaviors, pica and other behaviors that make care difficult (caregivers' perspective)
にんちしょう こうどう しんりしょうじょう びーびーえすでいー 認知症の 行動・心理 症状 (B P S D)	Behavioral and psychological symptoms of dementia (BPSD)
こうどうしょうじょう 行動 症状	Behavioral symptoms
しんりしょうじょう 心理 症状	Psychological symptoms

Narration

Nowadays, the symptoms are generally called behavioral and psychological symptoms of dementia, or BPSD. In BPSD, there are behavioral symptoms and psychological symptoms.



こうどうしょうじょう 行動 症状	Behavioral symptoms
はいかい ひおん よ 徘徊 不穩 良くないことを すること こうげきせい しょうそう たどう せいいてきだつよくせい 攻撃性 焦燥 多動 性的脱抑制	Wandering Restlessness Inappropriate behaviors Aggression Frustration Hyperactivity Sexual disinhibition

Narration

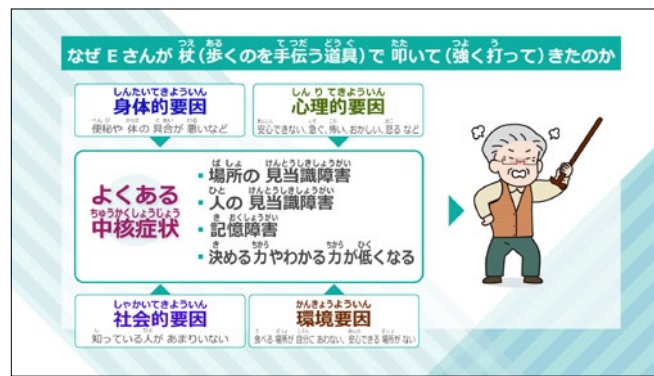
For example, wandering or aggressive behaviors are called "behavioral symptoms".



心理 症状	Psychological symptoms
妄想 抑うつ 安心できない 無気力	Delusion Depression Anxiety Lethargy
幻覚 不眠 誤認 情緒不安定	Hallucination Insomnia Misidentification Emotional instability

Narration

Symptoms, such as delusions and hallucinations, which cannot be known without asking the patients, are called "psychological symptoms", because they are internal symptoms.



なぜ E さんが杖 (歩くのを手伝う道具) で叩いて (強く打って) きたのか	Mr. E hit the staff with his cane
よくある 中核 症状	Main core symptoms
・ 場所の見当識 障害	- Space cognitive impairment
・ 人の見当識 障害	- Person cognitive impairment
・ 記憶 障害	- Memory impairment
・ 決める力や わかる力が 低くなる	- Judgment ability and comprehension impairment
身体的要因	Physical factors
便秘や 体の 具合が 悪いなど	Constipation, poor physical condition, etc.
心理的要因	Psychological factors
安心 できない、急ぐ、怖い、おかしい、怒る など	Anxiety, impatience, fear, suspicion, anger
社会的要因	Social factors
知っている人が あまりいない	No close friends
環境 要因	Environmental factors
食べる 場所が 自分に あわない 安心できる 場所が ない	Unfamiliar eating environment, having no home

Narration

In Mr. E's case, the main core symptoms of dementia of the Alzheimer's type are "space cognitive impairment", "person cognitive impairment", "memory impairment" and "judgment ability and comprehension impairment".

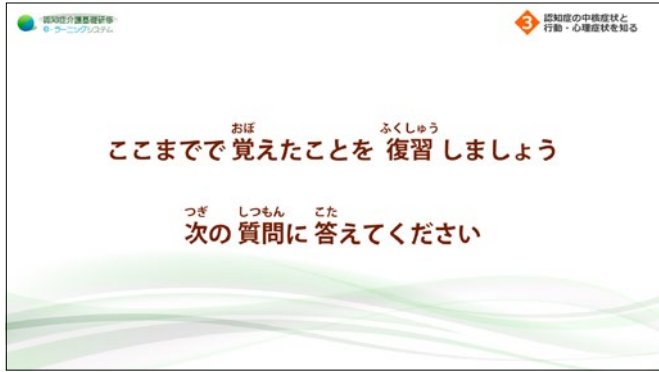
Among these core symptoms, the "physical factors" (e.g., constipation and poor physical condition), "psychological factors" (e.g., anxiety, impatience, fear, suspicion, and anger), "human environment" (e.g., there are no close friends around), and "living environment" (e.g., unfamiliar eating environment, having no home) affect each other, causing flustered, angry, and violent behaviors.



なぜ 行動・心理症状 (BPSD) が出るか	Causes of behavioral and psychological symptoms of dementia (BPSD)
からだの具合が悪い ストレス まわりとのよくない関係	Poor physical condition Stress Inappropriate environment
不安感 不快感 正しくないケア	Anxiety Discomfort Improper care
認知機能障害	Cognitive dysfunction
中核症状	Core symptoms
もの忘れ、見当識の障害、決めることができない	Forgetfulness Cognitive impairment Impaired judgement
BPSD	BPSD
行動症状	Behavioral symptoms
徘徊、攻撃性、不穏、焦燥、良くないことをすること、多動、性的脱抑制 など	Wandering, Aggression, Restlessness, Frustration, Inappropriate behaviors, Hyperactivity, Sexual disinhibition
心理症状	Psychological symptoms
妄想、幻覚、抑うつ、不眠、安心できない、誤認、無気力、情緒不安定など	Delusion, Hallucination, Depression, Insomnia, Anxiety, Misidentification, Lethargy, Emotional instability, etc.
BPSDは認知症の中核症状と、いろいろな原因が関係して起きます。	BPSD appear with various factors added to the core symptoms

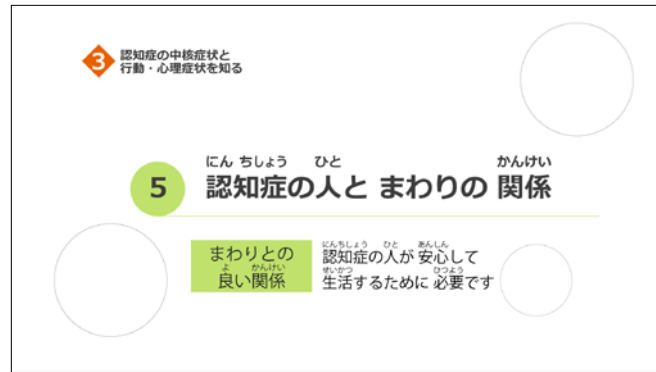
Narration

Let's think about the causes of the behavioral and psychological symptoms of dementia. Why do behavioral and psychological symptoms appear? For example, the core symptoms of dementia of the Alzheimer's type, such as forgetfulness, cognitive impairment, and impaired judgment, are found in most people with dementia. On the other hand, behavioral and psychological symptoms such as wandering, delusion, and aggressive behavior are not common to all people with dementia. Behavioral and psychological symptoms are caused by the core symptoms, which are also called primary factors, and secondary factors, such as bad physical condition, stress, inappropriate environment, anxiety, discomfort, and inappropriate care.



ここまで ^{おぼ} 覚えたことを ^{ふくしゅう} 復習しましょう	Let's review what we have learned so far
^{つぎ} ^{しつもん} ^{こた} 次の質問に 答えてください	Answer the questions on the next page.

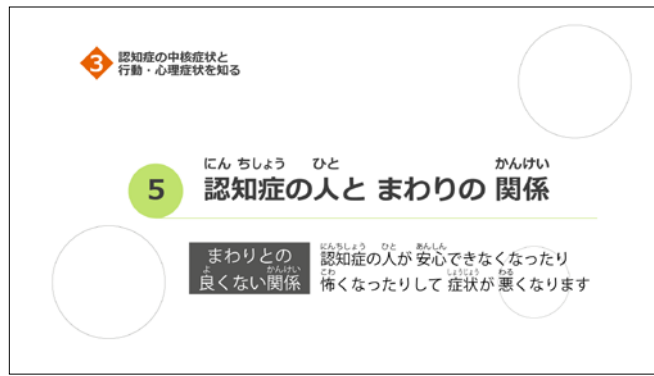
5 Environment for people with dementia ①



だい しょう にんちしょう ちゅうかくしょうじょう こうどう しんりししょうじょう し 第3章 認知症の中核症状と行動・心理症状を知る	Chapter 3 Understanding the core symptoms and behavioral and psychological symptoms of dementia
⑤ にんちしょう ひと かんけい ⑤ 認知症の人とまわりの関係	⑤ Environment for people with dementia
まわりとの よい かんけい まわりとの良い関係	Appropriate environment
にんちしょう ひと あんしん せいかつ ひつよう 認知症の人が安心して生活するために必要です	An essential element for people with dementia to live peacefully

Narration

In order to minimize the effects of core symptoms and behavioral and psychological symptoms of dementia, it is vital to create an appropriate environment for the people with dementia.
An appropriate environment is an essential element for people with dementia to live peacefully.

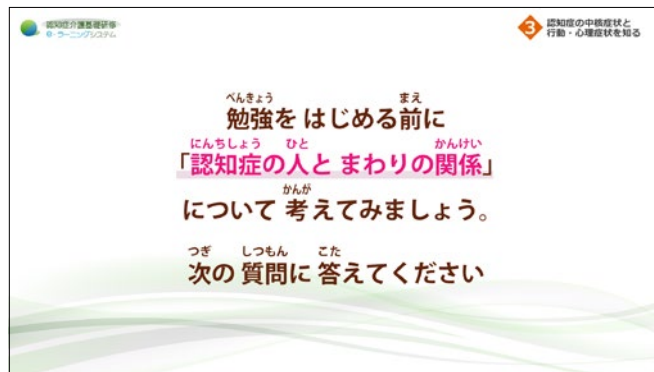


第3章 認知症の中核症状と行動・心理症状を知る	Chapter 3 Understanding the core symptoms and behavioral and psychological symptoms of dementia
⑤ 認知症の人とまわりの関係	⑤ Environment for people with dementia
まわりとの良い関係	Inappropriate environment
認知症の人が安心してできなかったり怖くなったりして症状が悪くなります	Causes confusion for people with dementia and makes their symptoms worse

Narration

Inappropriate environments, on the other hand, can cause confusion to people with dementia and make their symptoms worse.

Now, let's learn about the importance of the environment to people with dementia.



勉強をはじめる前に「認知症の人とまわりの関係」について考えてみましょう。	Before we start let's think about the "environment for dementia"
次の質問に答えてください	Answer the questions on the next page.

5 Environment for people with dementia ②



認知症の人と生活するところ <small>にんちしょう ひと せいかつ</small>	People with dementia and their living environments
物理的かんきょう (家や住んでいる場所との関係) <small>ぶつりてきかんきょう いえ す ばしょ かんけい</small>	Physical environment
<ul style="list-style-type: none"> 安心できる家や住む場所 <small>あんしん いえ す ばしょ</small> 	- Living environment in which people with dementia are less likely to get confused
<ul style="list-style-type: none"> 昔から知っているものを使う <small>むかし し つか</small> 	- Familiar things are important
<ul style="list-style-type: none"> 周りととの関係が変わらないようにする <small>まわ りと の かんけい が かわら ない よう に す る</small> 	- Avoid changes in the environment
<ul style="list-style-type: none"> 場所をわかりやすくする <small>ばしょ を わかり やす く す る</small> 	- Try to make the place easy to understand
人的かんきょう (まわりの人との関係) <small>じんてきかんきょう まわりのひと かんけい</small>	Human environment
<ul style="list-style-type: none"> 安心する人との関係 <small>あんしん ひと かんけい</small> 	- Building stable relationships
<ul style="list-style-type: none"> 昔から知っているひとがいる <small>むかし し ひと が い る</small> 	- Familiar relationships
<ul style="list-style-type: none"> 静かな人的環境 <small>しず かな じんてきかんきょう</small> 	- Calm human environment

Narration

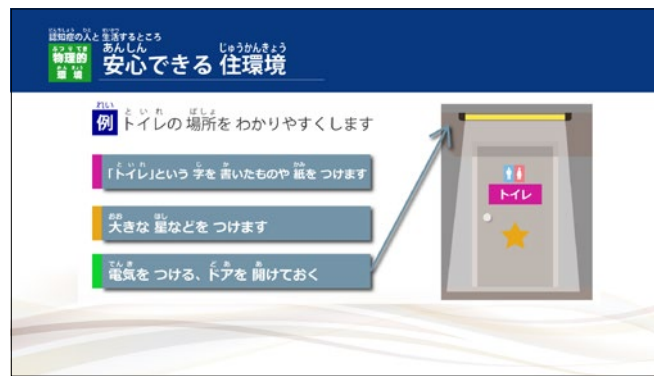
There are two types of environment: the "physical environment" which is the environment in which the people with dementia are living and the "human environment" represented by the human relationships surrounding them. Preparing the physical and human environments is a vital factor for people with dementia to live peacefully.



にんちしょう ひと せいかつ 認知症の人と 生活するところ	People with dementia and their living environments
にんちしょう ひと あんしん じゅうかんきょう いえ ばしょ 認知症の人が 安心して 住環境 (家や場所) とは	What is a living environment in which people with dementia are less likely to get confused?

Narration

So, what is a living environment in which people with dementia are less likely to get confused?



にんちしょう ひと せいかつ 認知症の人と 生活するところ	People with dementia and their living environments
ぶつりできかんきょう 物理的 環境	Physical environment
あんしん じゅうかんきょう 安心できる 住 環境	The living environment in which people with dementia are less likely to get confused
と い れ ば し ゃ トイレの 場所を わかりやすくします	Example Ideas related to the toilet
「と い れ」 と い う じ を か 書いたものや 紙を つけます	Put up a "toilet" sign
おお ほし 大きな 星などを つけます	Put up an eye-catching sign
でんき 電気を つける ドアを 開けておく	Turn on the light, keep the door open

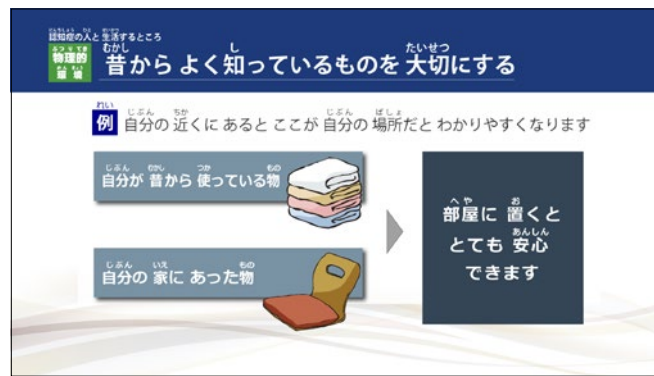
Narration

For example, easy-to-find toilets and rooms can significantly help to prevent people with dementia from getting confused.

To make places easy to find, you may put a "toilet" sign on the toilet door or a nameplate on their room doors.

However, as dementia progresses, it will become difficult for them to understand textual information. It may be effective to make eye-catching marks.

One idea is to turn on the toilet lights and open the door at night so that patients can easily find the toilet.

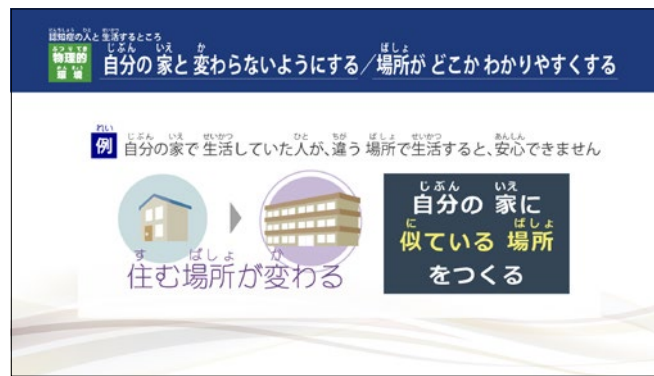


認知症の人と生活するところ	People with dementia and their living environments
物理的環境	Physical environment
昔からよく知っているものを大切にする	Familiar things are important
自分の近くにあるところが自分の場所だとわかりやすくなります	Example Having things familiar to patients around will make it easier for them to recognize where they are living
自分が昔から使っている物	Things they have used for many years
自分の家にあった物	Things that were in their houses
部屋に置くとても安心できます	Patients feel calmed just by seeing these things right in their rooms

Narration

Also, just having something familiar to patients around will make it easier for them to recognize where they are.

In many cases, instead of being surrounded by new things, the patient will feel calmed just by seeing things that they have used for many years or things that they had in their own house right in their room.

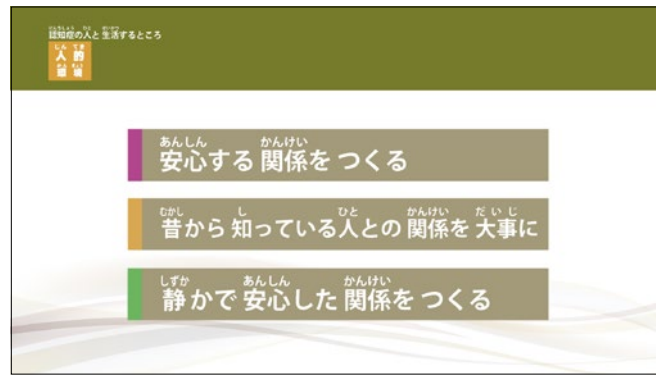


にんちしょう ひと せいかつ 認知症の人と生活するところ	People with dementia and their living environments
ぶつりできかんきょう 物理的環境	Physical environment
じぶん いえ か 自分の家と変わらないようにする ばしょ 場所がどこかわかりやすくする	Avoid changes in the environment/Try to make the place easy to understand
じぶん いえ せいかつ ひと ちが ばしょ せいかつ 自分の家で生活していた人が、違う場所で生活すると、 あんしん 安心できません。	Example Patients who had been managing to live at home show confusion when they move to a nursing facility
す ばしょが かわる 住む場所が変わる	Changes in the environment
じぶん いえ に 似ている ばしょをつくる 自分の家に似ている場所をつくる	Create an environment as close to their home as possible

Narration

Changes in the environment can easily confuse people with dementia.

Patients who had been managing to live at home often show confusion when they move to a nursing facility. Therefore, it is also effective to create an environment as close to their home as possible.



にんちしょう ひと せいかつ 認知症の人と生活するところ	People with dementia and their living environments
じんてきかんきょう 人的環境	Human environment
あんしん かんけい ・安心して 関係をつくる	Building stable relationships
むかし し ひと かんけい だいじ ・昔から知っている人との 関係を 大事に	Familiar relationships
しずか あんしん かんけい ・静かで 安心した 関係をつくる	Calm human environment

Narration

Even normal people would feel anxious and nervous when surrounded by strangers, but we will calm down when there is just one acquaintance.

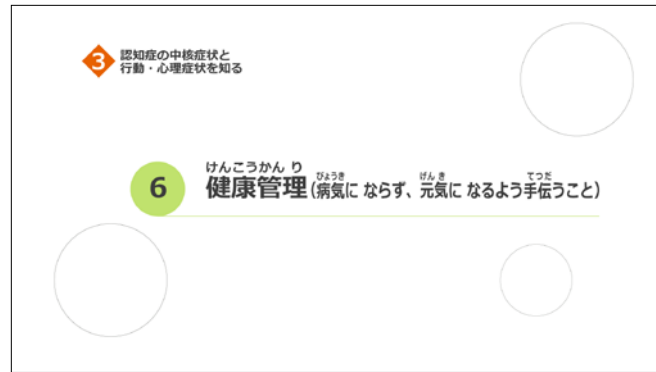
Therefore, close and stable relationships are important to people with dementia.

Furthermore, since a noisy environment makes them uneasy, it is important to create a calm human environment.



ここまで おぼ 覚えてきたことを ふくしゅう ここまで 覚えてきたことを 復習しましょう	Let's review what we have learned so far
つぎ しつもん こた 次の質問に 答えてください	Answer the questions on the next page.

6 Health management ①

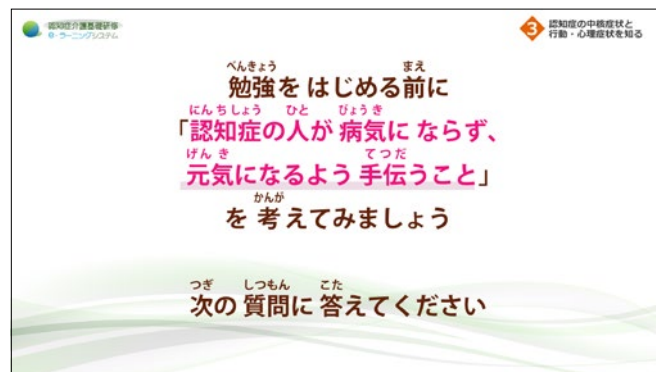


<p>第3章 認知症の中核症状と行動・心理症状を知る</p>	<p>Chapter 3 Understanding the core symptoms and behavioral and psychological symptoms of dementia</p>
<p>⑥ 健康管理 (病気に ならず、元氣に なるよう手伝うこと)</p>	<p>⑥ Health management</p>

Narration

Health management is an important matter when providing not only dementia care but also health care in general.

Here, let's learn about the importance of health management for people with dementia.



<p>勉強をはじめる前に「認知症の人が病気に ならず、元氣になるよう手伝うこと」を 考えてみましょう。</p>	<p>Before we start, Let's think about "health management for people with dementia"</p>
<p>次の質問に 答えてください</p>	<p>Answer the questions on the next page.</p>

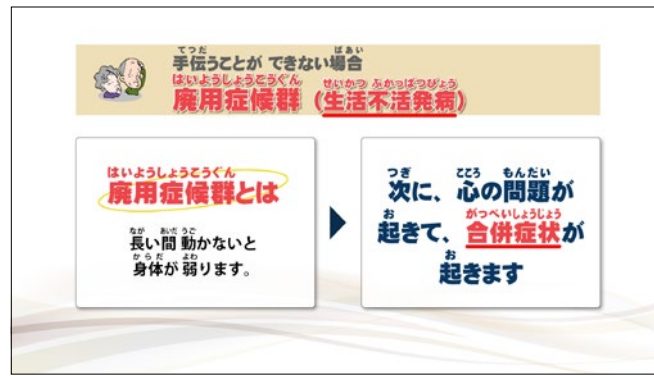
6 Health management ②



びょうき はいようしょうこうぐん 病気や 廃用症候群に ならないように することの 大切さ	Importance of health management and prevention of disuse syndrome
にんちしょう ひと 認知症の人	People with dementia
びょうき 病気になったり、けがを したり、からだ くあい わる 体の具合が悪いときに、 まわりの人に 説明すること	Properly explain the situation to the people around when having any illness, injury, or poor physical condition
むずか 難しい	Difficult
びょうき 病気にならないようにしたり、くすり ただ 薬を 正しくのむこと	Objectively understand their own situations, And properly perform necessary health management, health maintenance, and medication management
むずか 難しい	Difficult
ただ てつだ 正しく 手伝わないと、いろいろな 問題が 起きるかもしれ ません	Many things can happen if proper support is not provided

Narration

It is a characteristic of dementia that people with dementia may find it difficult to properly explain to the people around them about their illness, injury, or poor physical condition.
 It is also difficult for them to objectively understand their own situation and properly perform necessary health management, health maintenance, and medication management.
 Many things may happen if patients in this situation are not properly supported.



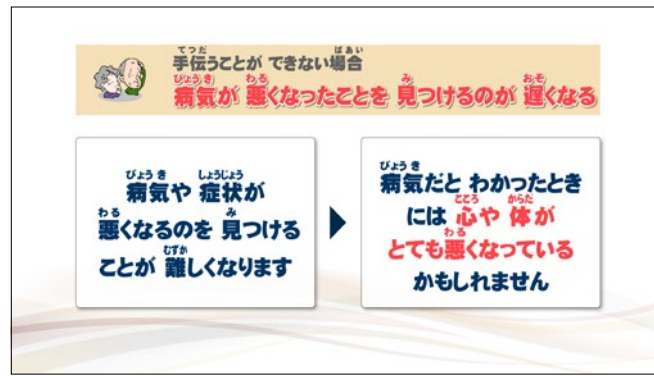
てつだ 手伝うことができない場合	If proper support is not provided
はいようしょうこうぐん 廃用症候群 (生活不活発病)	Disuse syndrome (<u>physical decline problem</u>)
はいようしょうこうぐん 廃用症候群とは	What is disuse syndrome?
なが あいだ うご 長い間 動かないと 身体が弱ります。	Prolonged periods of excessive rest and inactivity
つぎ ところ もんだい お 次に、心の問題が起きて、合併症状が起きます	Combination of secondary symptoms, such as decreased mental and physical functions

Narration

First of all, they may get into a state of “disuse syndrome” due to syndromes such as inactivity problem. Disuse syndrome is a combination of secondary symptoms, such as decreased mental and physical function, due to prolonged periods of excessive rest and inactivity.

Glossary

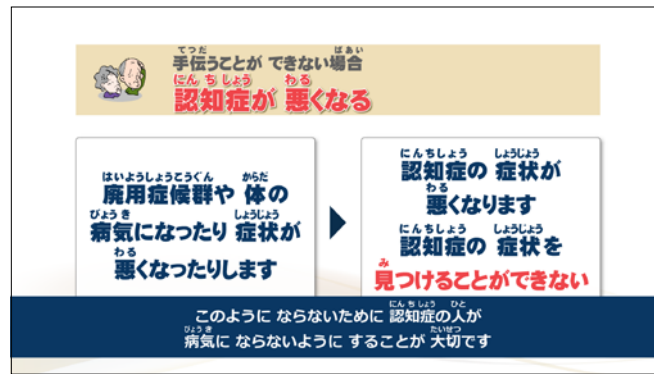
Physical decline problem (Disuse Syndrome) : These are mental and physical illnesses that can easily occur if you live a life without moving much.



てつだ 手伝うことができない場合	If proper support is not provided
びょうき 病気が悪くなったことをみ つづけるのが遅くなる	Exacerbation/Late detection of physical disorders
びょうき 病気や しょうじょう 症状が 悪くなるのをみ つづけることが 難しく なります	Difficult to detect the onset and exacerbation of physical disorder
びょうき 病気だとわかったときは こころ 体がとても 悪くなっている かもしれません	At the time of detection, the patient's mental and physical condition may have already deteriorated and become more severe

Narration

Secondly, it becomes difficult to detect the onset or determine when the physical disorder is getting worse, and at the time of detection, the patient's mental and physical condition may have deteriorated and become more severe.



てつだ 手伝うことができない場合	If proper support is not provided
にんちしょう 認知症が悪くなる	Progression of dementia
はいようしょうこうぐん からだ びょうき 廃用症候群や 体の 病気になるったり 症状が悪くなつたり します	Onset and exacerbation of disuse syndrome and physical disorder
にんちしょう しょうじょう 認知症の 症状が悪くなります にんちしょう しょうじょう 認知症の 症状を見つけない	It's possible that the symptoms of dementia progress, which may be overlooked
このように ならないために にんちしょう ひと びょうき 認知症の人が 病気に ならないように することが 大切です	Caregivers must pay attention to these possibilities and work hard to provide health management

Narration

Furthermore, although the onset and exacerbation of disuse syndrome and physical disorder are the main impacts, it is also possible that not only the symptoms of dementia progress but also that progression may be overlooked.

Therefore, in dementia care, caregivers must pay attention to these possibilities and work hard to provide health management.

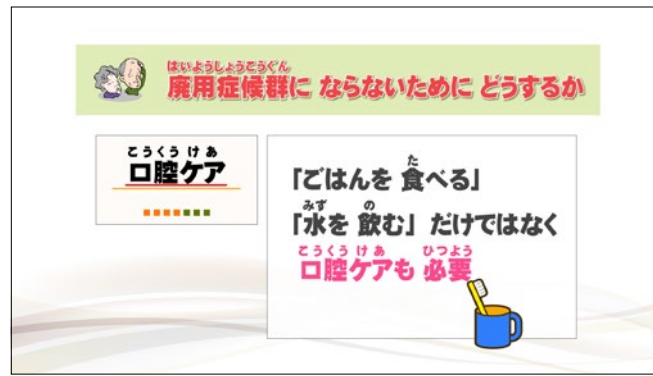


はいようしょうこうぐん 廃用症候群に ならないために どうするか	Detailed measures
だっすい 脱水に ならないようにする	Prevent dehydration
べんぴ 便秘に ならないようにする	Prevent constipation
ていえいよう 低栄養に ならないようにする	Prevent undernutrition
ならないようにする <small>だっすい</small> 脱水 <small>べんぴ</small> 便秘 <small>ていえいよう</small> 低栄養	Prevent Dehydration Constipation Undernutrition
<small>みず</small> 水を <small>の</small> たくさん 飲みます <small>た</small> ごはんを <small>しっかりと</small> 食べます	Take in enough water and nutrition

Narration

Regarding the detailed measures, firstly, it is important to try to improve the patients' physical condition in their daily life.

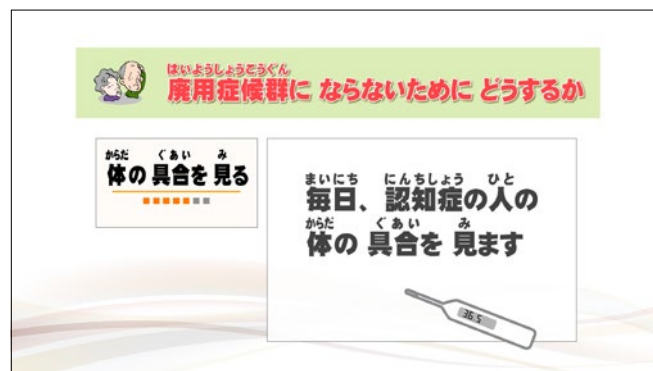
For example, encourage the patients to take in enough water and nutrition in order to prevent dehydration, constipation, and undernutrition.



はいようしょうこうぐん 廃用症候群に ならないために どうするか	Detailed measures
こうくう けあ 口腔ケア	Oral cavity care
「ごはんを 食べる」 「水を 飲む」 だけではなく 口腔ケアも 必要	Related to “eating” and “drinking”, providing planned oral cavity care is also important

Narration

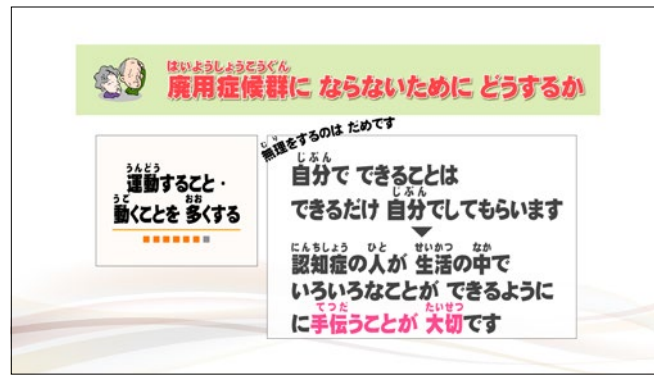
In addition, related to “eating” and “drinking”, providing planned oral cavity care is also important.



はいようしょうこうぐん 廃用症候群に ならないために どうするか	Detailed measures
からだ くあい み 体の 具合を見る	Physical health check
まいにち にんちしょう ひと からだ くあい み 毎日、認知症の人の 体の 具合を 見ます	It is necessary to properly check the physical condition of people with dementia daily

Narration

To do so, it is necessary to properly check the physical condition of people with dementia on a daily basis.

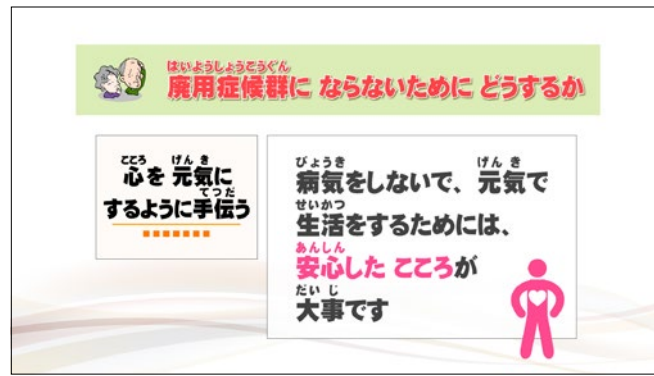


はいようしょうこうぐん 廃用症候群に ならないために どうするか	Detailed measures
うんどう 運動すること・ うご 動くことを 多くする	Prevent lack of exercise and activity
むり 無理をするのは だめです	Don't overdo it
じぶん 自分で できることは できるだけ 自分で してもらいます	Allow the patients to do whatever they can do by themselves
にんちしょう ひと 認知症の人が 生活の 中で いろいろなことが できるように てつだ 手伝うことが 大切です	Support to maintain activities centered on daily tasks

Narration

Furthermore, when the level of exercise and daily activities declines, the patient's life tends to become inactive, which affects not only mental activity but also leads to poor physical condition, such as constipation.

Therefore, it is important to help them maintain activities centered on daily tasks, such as allowing the patients to do whatever they can do by themselves as long as it is not causing any pain.



はいようしょうこうぐん 廃用症候群に ならないために どうするか	Detailed measures
こころ げんき 心を 元気に するように 手伝う	Mental health care
びょうき げんき せいかつ 病気をしないで、元気で生活をするためには、 あんしん 安心した ところが だいじ 大事です	Psychological stability is important for a healthy and active life

Narration

In addition, psychological stability is important for a healthy and active life, and in that sense, mental health care is also essential.



びょうき、はいようしょうこうぐん 病気や、廃用症候群に ならないように することの 大切さ	Importance of health management and prevention of disuse syndrome
だっすい 脱水に ならないように する	Prevent dehydration
べんぴ 便秘に ならないように する	Prevent constipation
ていえいよう 低栄養に ならないように する	Prevent undernutrition
こうくう けあ 口腔ケア	Oral cavity care
からだ ぐあい み 体の 具合を 見る	Physical health check
うんどう 運動すること・動くことを 多くする	Prevent lack of exercise and activity
こころ げんき 心を 元気にするよう 手伝う	Mental health care
にんちしょう ひと 認知症の人	People with dementia
・ じぶん びょうき せつめい ・ 自分の 病気を 説明できない	- Difficult to explain properly even though there are symptoms
・ じぶん びょうき ・ 自分で 病気に ならないように するのが むずかしい ・ くすり ・ 薬を のむことが むずかしい	- Difficult to perform health management and medication management consciously
はいようしょうこうぐん せいかつふかっぱびょう 廃用症候群 (生活不活発病)	Disuse syndrome (physical decline problem)
からだ びょうき わる 体の病気が 悪くなる・病気になったことを見つかること が おそ が 遅くなる	Exacerbation/Late detection of physical disorders
にんちしょう しょうじょう わる 認知症の 症状 が 悪くなる	Progression of dementia

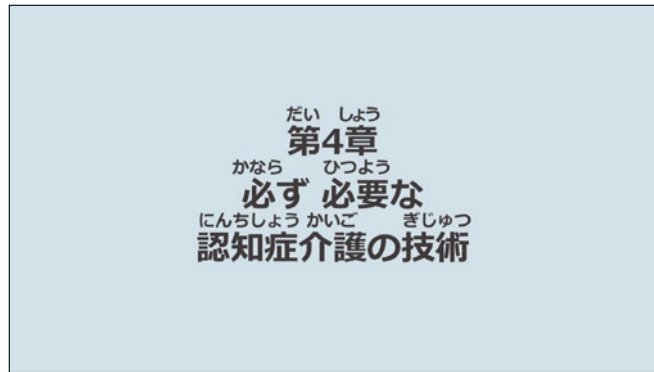
Narration

It is necessary to not only pay attention to the psychological states that are likely to occur due to dementia, but also examine the people and the environment around the patients. For that reason, it is also vital to have a perspective of prevention in dementia care.



ここまで ^{おぼ} 覚えたことを ^{ふくしゅう} 復習しましょう	Let's review what we have learned so far
^{つぎ} ^{しつもん} ^{こた} 次の質問に 答えてください	Answer the questions on the next page.

1 Treatment for dementia ①



第4章	Chapter 4
必ず必要な認知症介護の技術	Basic Techniques in Dementia Care

Narration

From here, you will learn basic techniques related to dementia care.

While taking care of people with dementia, it is important to create a better environment for each person, provide appropriate care, stabilize the state of their minds and bodies, and support them so that they are able to live more actively.



第4章 必ず必要な認知症介護の技術	Chapter 4 Basic Techniques in Dementia Care
① 認知症を悪くさせない技術について	① Treatment for dementia

Narration

First, let's learn about the current therapeutic treatments for dementia.

認知症介護実践研究
e-Learningシステム

4 必ず必要な
認知症介護の技術

べんきょう はじ まえ
勉強を始める前に

にんちしょう わる ぎじゅつ かんが
「認知症を悪くさせない技術」について考えましょう。

つぎ しつもん こた
次の質問に答えてください

<p>べんきょう はじ まえ にんちしょう わる ぎじゅつ 勉強を始める前に「認知症を悪くさせない技術」につ いて考えましょう。</p>	<p>Before we start, let's think about "treatment for dementia"</p>
<p>つぎ しつもん こた 次の質問に答えてください。</p>	<p>Answer the questions on the next page.</p>

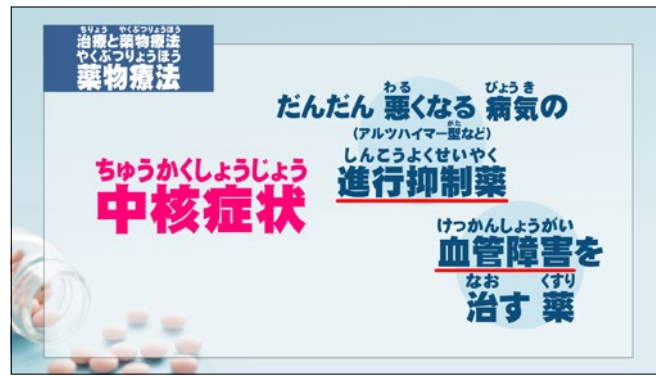
1 Treatment for dementia ②



ちりょう びょうき わる 治療 (病気を悪くさせないこと) と やくぶつりょうほう くすり つか 薬物療法 (薬を使って悪くさせないこと)	Treatments and pharmacological treatments
やくぶつりょうほう 薬物療法	Pharmacological treatments
げかて きちりょうなど 外科的治療等	Surgical treatments
ひやくぶつてきかいいゅう 非薬物的介入	Non-pharmacological interventions

Narration

Therapeutic treatments for dementia include pharmacological treatments, surgical treatments, and non-pharmacological interventions.



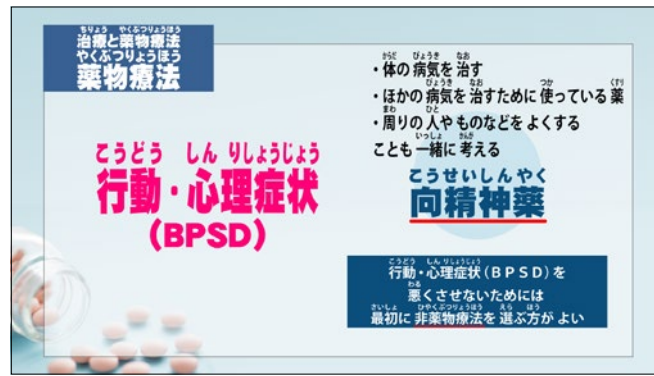
ちりょう やくぶつりょうほう やくぶつりょうほう 治療と薬物療法：薬物療法	Treatments and pharmacological treatments : Pharmacological treatments
ちゅうかくししょうじょう 中核症状	Core symptoms
だんだん 悪くなる 病気 (アルツハイマー型など) の 進行抑制薬	Inhibitors that suppress the progression of degenerative diseases (Alzheimer's type, etc.)
けっかんしょうがい なお くすり 血管障害を治す薬	Angiopathy treatments and improving drugs

Narration

Pharmacological treatments for dementia use medications that delay or moderate the progression of dementia.

In the case of vascular dementia, medications for cerebrovascular accidents are also used.

The benefits of pharmacological treatment for dementia of the Alzheimer's type include delaying the progression, showing respect to the self-determination of the patients and giving them time to prepare for the future.

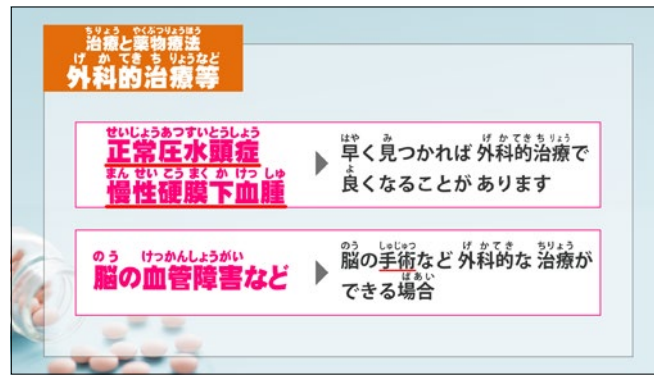


<p>ちりょう やくぶつりょうほう やくぶつりょうほう 治療と薬物療法：薬物療法</p>	<p>Treatments and pharmacological treatments : Pharmacological treatments</p>
<p>こうどう しんりししょうじょう びーびーえすでいー 行動・心理症状 (BPSD)</p>	<p>Behavioral and psychological symptoms of dementia (BPSD)</p>
<p>からだ びょうき なお ・体の病気を治す ・ほかの病気を治すために使っている薬 ・周りの人やものなどをよくする ことも一緒に考える</p>	<p>Conducted after treatment of physical illness, review of other medications, environmental adjustment, etc.</p>
<p>こうせいしんやく 向精神薬</p>	<p>Psychotropic medication</p>
<p>こうどう しんりししょうじょう びーびーえすでいー わる 行動・心理症状 (BPSD) を悪くさせないためには さいしょ ひやくぶつりょうほう えら ほう 最初に非薬物療法を選ぶ方がよい</p>	<p>Non-pharmacological treatment is the first choice for behavioral and psychological symptoms of dementia (BPSD)</p>

Narration

In addition, for symptoms of depression, or some behavioral and psychological symptoms of dementia (BPSD) such as delusion and hallucination, suitable pharmacological treatments are performed, and improvement is expected when using an appropriate prescription; but for BPSD, the first choice is non-pharmacological treatment.

It is recommended that pharmacological treatment should be considered together with treatment of physical illness, review of other medications, environmental adjustment, and non-pharmacological treatment.



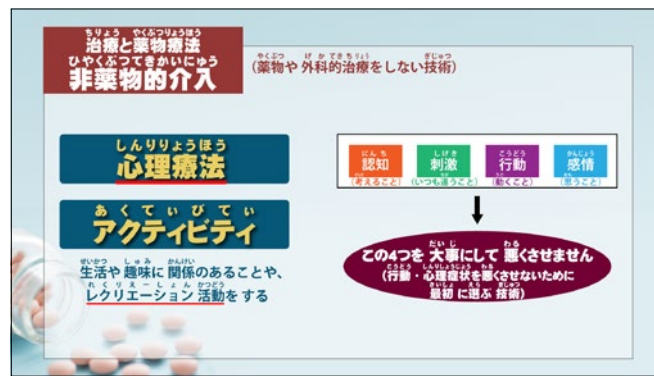
ちりょう やくぶつりょうほう げかてきちりょうなど 治療と薬物療法：外科的治療等	Treatments and pharmacological treatments : Surgical treatment
せいじょうあつすいとうししょう 正常圧水頭症、 まんせいとうまくかけっしゅ 慢性硬膜下血腫	Normal-pressure hydrocephalus Chronic subdural hematoma
はや み げかてきちりょう よ 早く見つければ外科的治療で良くなる場合があります	Expected to be improved upon early detection and surgical treatment
のう けっかんしょうがい 脳の血管障害など	Cerebrovascular accidents
のう しゅじゅつ 脳の手術など げかてき ちりょう ばあい 外科的治療ができる場合	Can be treated by surgical treatment such as brain surgery

Narration

Surgical treatment may also be used to treat dementia.

Normal-pressure hydrocephalus and chronic subdural hematoma are some of the causative diseases of dementia, but early detection and surgical treatment can be expected to improve the disease.

In addition, surgical treatment such as brain surgery can be performed to treat cerebrovascular accidents.



ちりょう やくぶつりょうほう 治療と薬物療法	Treatments and pharmacological treatments
ひやくぶつてきかいにゆう やくぶつ げかてきちりょう ぎじゆつ 非薬物的介入 (薬物や外科的治療をしない技術)	Non-pharmacological intervention
しんりりょうほう 心理療法	Psychotherapy
あくていびてい アクティビティ	Activity
せいかつ しゆみ かんけい 生活や趣味に 関係のあることや、レクリエーション活動 をする	Activity programs and recreation activities that make use of daily activities and hobbies
にんち かんが [認知 (考えること)] しげき ちが [刺激 (いつも違うこと)] こうどう うご [行動 (動くこと)] かんじよう おも [感情 (思うこと)]	Cognition Stimulation Behavior Emotion
この4つを だいじにして わるくさせません	Focused approach
こうどう しんりりょうじょう (行動・心理症状を 悪くさせないために さいしょに 選ぶ ぎじゆつ 技術)	(First choice for BPSD)

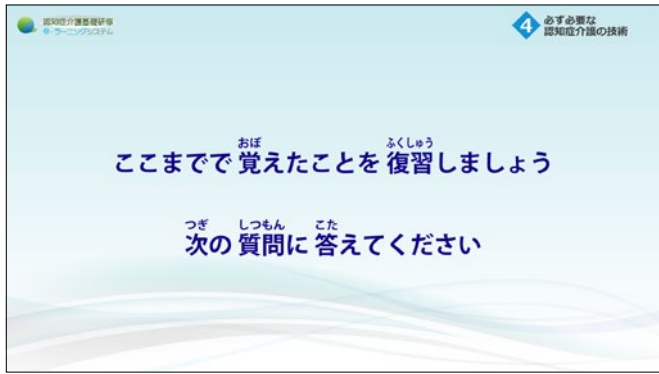
Narration

On the other hand, some treatments are drugless and non-surgical.

The method of intervening mainly from the psychosocial aspect, without medications, is called "non-pharmacological treatment".

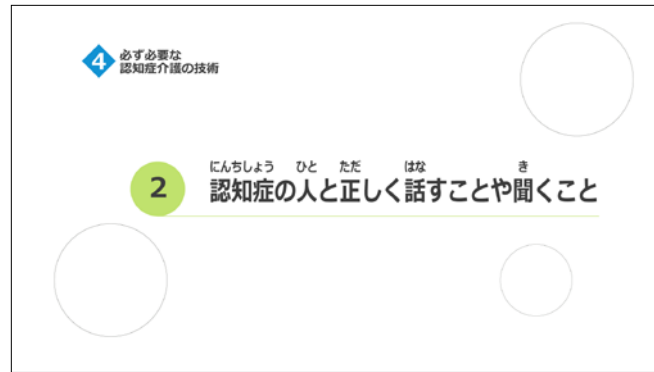
There is strict way of thinking about non-pharmacological therapy as a treatment, but as of non-pharmacological intervention, this includes activities such as psychotherapeutic activities, activity programs that make use of daily activities and hobbies, and recreation activities.

In any case, it is positioned as the first option for treating behavioral and psychological symptoms.



ここまででおぼえたことを復習しましょう	Let's review what we have learned so far
次の質問に答えてください	Answer the questions on the next page.

2 Appropriate methods to interact with people who have dementia (case practices)



第4章 必ず必要な認知症介護の技術	Chapter 4 Basic Techniques in Dementia Care
② 認知症の人と正しく話すことや聞くこと	② Appropriate methods to interact with people with dementia

Narration

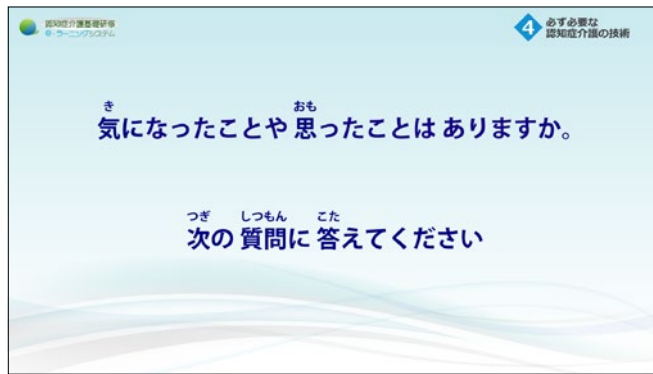
In the previous chapter, we have learned about the core symptoms and behavioral and psychological symptoms of dementia (BPSD), but how should we interact with people who have dementia?

In this section, let's learn through examples of how to properly interact with people who have dementia, focusing on communication methods.

First, let's take a look at the case of "Ms. Sasaki likes sweets".

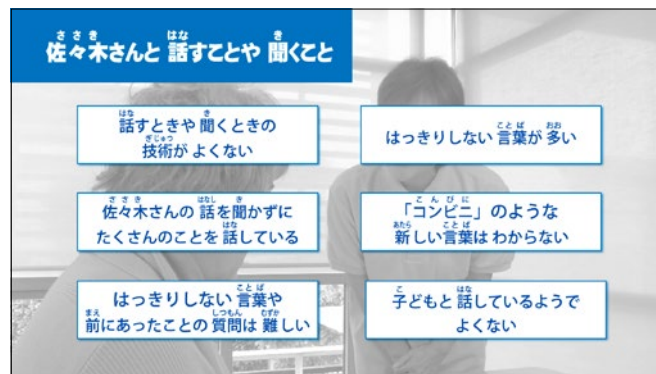


お菓子が気になる佐々木さん	Ms. Sasaki likes sweets
スタッフ：「佐々木さん大丈夫ですか」	Staff : "Ms. Sasaki, are you okay?"
佐々木さん：「お菓子買いに行かなくちゃ」	Ms. Sasaki : "I have to go get some sweets"
スタッフ：「佐々木さんは何のお菓子が食べたいの。」 「ん？甘いもの好きですもんね～、シュークリーム好きだよ ね」	Staff : "Ms. Sasaki, what kind of sweet would you like?" "Hmm? You have a sweet tooth and you love cream puffs, don't you?"
佐々木さん：「シュークリーム？」	Ms. Sasaki : "Cream puffs?"
スタッフ：「でもね、お菓子なら、まだ、たくさんあります からね。」	Staff : "But we still have a lot of sweets."
佐々木さん：「お菓子買いに行かなくちゃ」	Ms. Sasaki : "I have to go get some sweets"
スタッフ：「は～。」 「ほら、この間、みんなと一緒に車に乗ってコンビニに買い に行ったでしょ。」 「あれ、もう忘れちゃったかな。」 「じゃあね、来月行きますから、その時買いましょうね。」 「いいですよ。もうすぐごはんの時間ですからね。」 「ごはんの時間ですからね。」	Staff : "Alright." "You see, the other day, you got in a car with everyone and went to a convenience store to buy it." "Oh, you may have forgotten that." "So, next month we will go again, so let's buy it at that time." "Well, is it okay? It's almost meal time anyway." "Yeah, it's almost meal time"



き おも 気になったことや 思ったことは ありますか。	Can you notice or feel something when looking at Ms. Sasaki's case?
つぎ しつもん こた 次の質問に 教えてください。	Answer the questions on the next page.

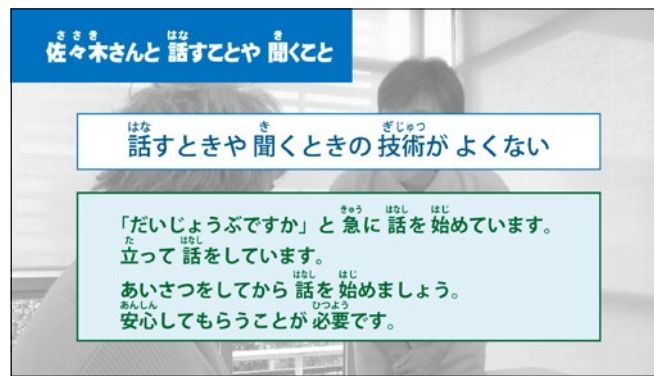
Explainer video 1-1



ささき はな き 佐々木さんと 話すことや 聞くこと	How to interact with Ms. Sasaki
・ はな き 話すときや 聞くときの 技術がよくない	Inappropriate attitude
・ はっきりしない ことば おお 言葉が多い	Vague expressions
・ ささき はなし き 佐々木さんの 話を聞かずに たくさんのことを 話している	One-sided conversation with a lot of information provided at once
・ ことば 「コンビニ」のような 新たな ことば 新しい言葉は わからない	Modern terms and words that are difficult to understand
・ はっきりしない ことば まえ 言葉や 前にあったことの 質問は 難しい	Abstract and memory-related questions that are difficult to answer
・ こども はな 子どもと 話しているようで よくない	Inappropriate way of speaking like speaking to a child

Narration

Let's figure out how to interact with Ms. Sasaki.



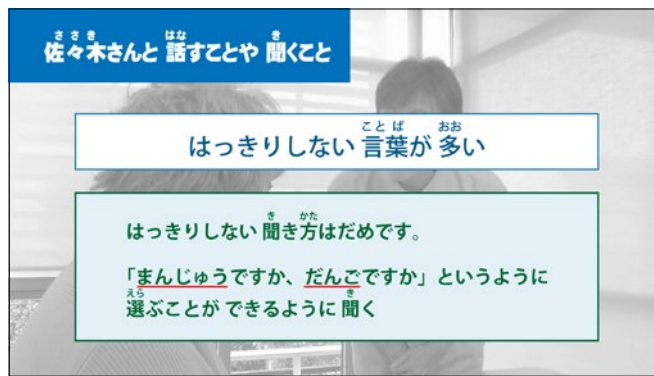
さ さ き はな き 佐々木さんと話すことや聞くこと	How to interact with Ms. Sasaki
はな き ぎじゆつ ・話すときや聞くときの技術がよくない	Inappropriate attitude
「だいじょうぶですか」と急に話を始めています。 た はなし 立って話をしています。 あいさつをしてから話を始めましょう。 あんしん ひつよう 安心してもらうことが必要です。	Suddenly start conversation by asking "Are you alright?", or speak while remaining standing. It is necessary to have a way of interacting that makes her feel at ease, such as giving a signal before starting conversation.

Narration

Anything concerning about the way the staff interact?

The point is that the staff member suddenly speaks to her "How are you?", or speaks while remaining standing and looking down.

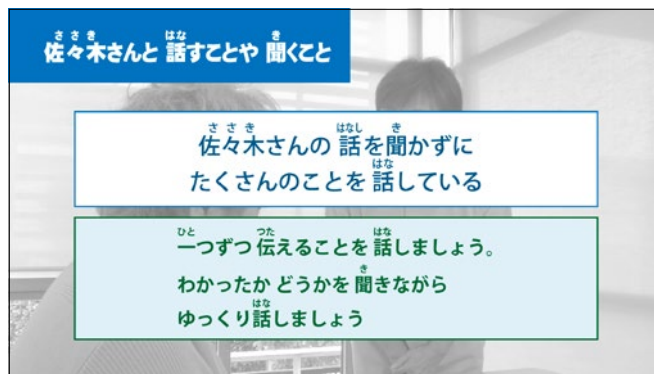
She is surprised when someone talks to her all of a sudden and intimidated as she is talked to from above, so try as much as you can to move into her field of vision and give a sign that you want to talk, or sit down so that you have the same eye-line and talk to her. It is necessary to interact in a way that she can feel at ease.



佐々木さんと話すことや聞くこと	How to interact with Ms. Sasaki
・はっきりしない言葉が多い	Vague expressions
はっきりしない聞き方はだめです。 「まんじゅうですか、だんごですか」というように選ぶことが できるように聞く	Avoid asking vague questions Try to ask specific questions such as “Would you like manjū or dumpling?”

Narration

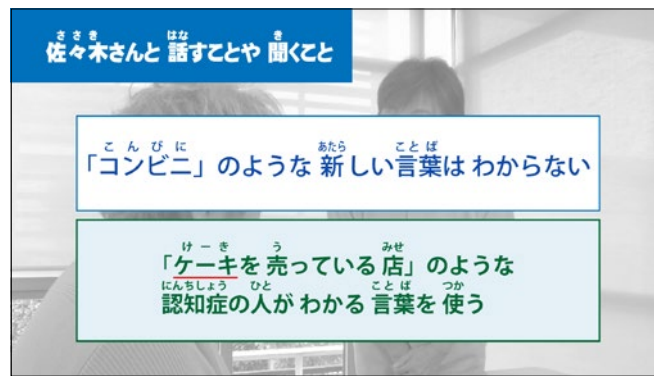
The staff member has asked vague questions, such as "Ms. Sasaki, what kind of sweet would you like?", or unilateral questions, such as "You like cream puffs, right?". However, it is advisable to ask easy-to-understand questions with specific options, such as "Would you like manjū or dumpling?", as much as possible.



佐々木さんと話すことや聞くこと	How to interact with Ms. Sasaki
・佐々木さんの話を聞かずにたくさんのことを話している	One-sided conversation with a lot of information provided at once
ひとつずつ伝えることを話しましょう。 わかったかどうかを聞きながらゆっくり話しましょう	Speak a sentence at a time and make sure that she understands by checking and observing her facial expressions every time

Narration

Ms. Sasaki is confused by the one-sided conversation in which the staff member talks a lot at once. Let's talk slowly, word by word, politely while checking if Ms. Sasaki has understood, if the message has been conveyed, and checking her facial expression and appearance.

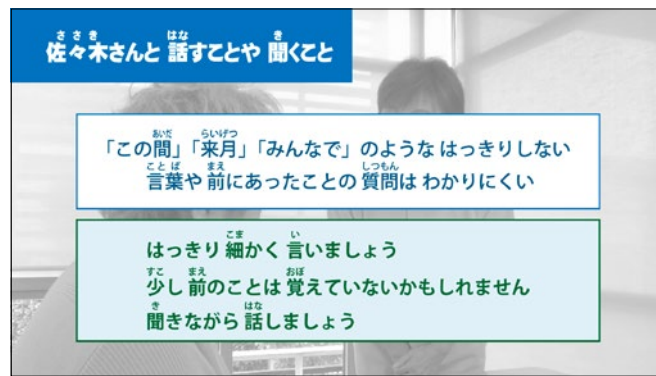


さ さ き は な き 佐々木さんと話すことや聞くこと	How to interact with Ms. Sasaki
こ ん び に あ た ら こ と ば ・「コンビニ」のような新しい言葉はわからない	Modern terms and words that are difficult to understand, such as "Kombini"
けー き う みせ 「ケーキを売っている店」のような にんちしょう ひと こ と ば つか 認知症の人がわかる言葉を使う	Use more familiar terms, such as "A store selling cakes" or "Store," etc.

Narration

As the staff member uses relatively new terms, such as "Kombini" (convenience store), it might be difficult for Ms. Sasaki to understand the words that are not familiar.

It is better to select and use terms and words that Ms. Sasaki knows as much as possible.

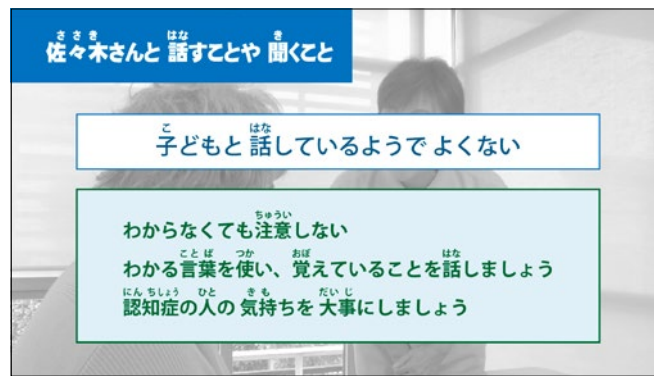


さ さ き はな き 佐々木さんと話すことや聞くこと	How to interact with Ms. Sasaki
あいだ らいげつ 「この間」「来月」「みんなで」のようなはっきりしない ことば まえ しつもん 言葉や前にあったことの質問はわかりにくい	Abstract and memory-related questions that are difficult to answer, such as "lately," "next month," "everyone," etc.
こま い はっきり細かく言いましょう すこ まえ おぼ 少し前のことは覚えていないかもしれません き はな 聞きながら話しましょう	Confirm specific information with her, such as with whom she's going, as she may not know exactly what happened a while ago

Narration

It may be difficult for her to respond to abstract and vague expressions such as "lately", "next month" and questions related to memory.

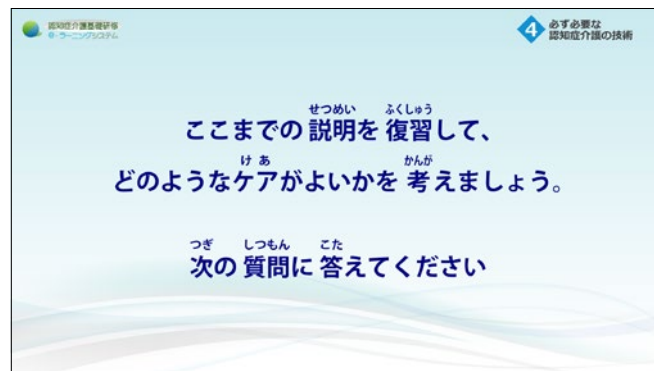
Be as specific as possible in telling the date and time, name, etc., and if something happened a while ago, talk about it and ask her to confirm.



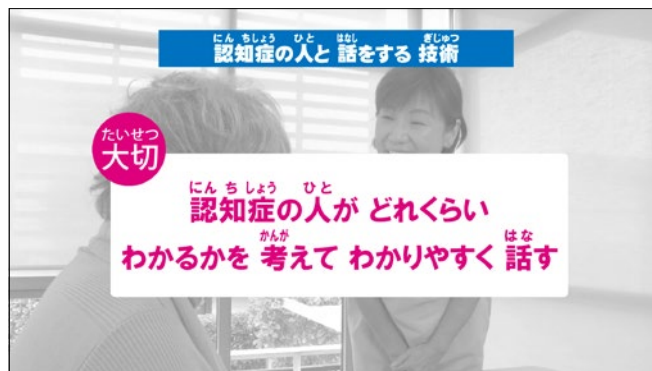
ささきさんと話すことや聞くこと	How to interact with Ms. Sasaki
子どもと話しているようでよくない	Inappropriate way of speaking like speaking to a child
わからなくても注意しない わかる言葉を使い、覚えていることを話しましょう 認知症の人の気持ちを大事にしましょう	Don't blame her for not understanding Look for words that she can understand, seek her memory, and read her feelings

Narration

Speaking in the way you talk to children, “Hey, you forgot that again”, “Hey, it’s time for your meal” and emphatically repeating the words could make her feel humiliated or feel that you are impolite. Baby talk is different from polite language, so try to speak slowly, in a normal way, using easy-to-understand sentences in ordinary words. Don’t criticize or blame her for not understanding, instead, choose easy-to-understand words and try to interact again and again, seeking words that she can understand.



ここまでの説明を復習して、どのようなケアがよいかを考えてみましょう。	Based on the explainer video, how would you interact with the patient if it were you?
次の質問に教えてください	Answer the questions on the next page.



にんちしょう ひと はなし ぎじゆつ 認知症の人と 話を する 技術	Communication with people who have dementia
たいせつ 大切	Crucial point
にんちしょう ひと 認知症の人が どれくらい わかるかを かんが 考えて わかりやす く 話す	Remember to communicate with them in an easy-to-understand way corresponding to their comprehension and cognitive function

Narration

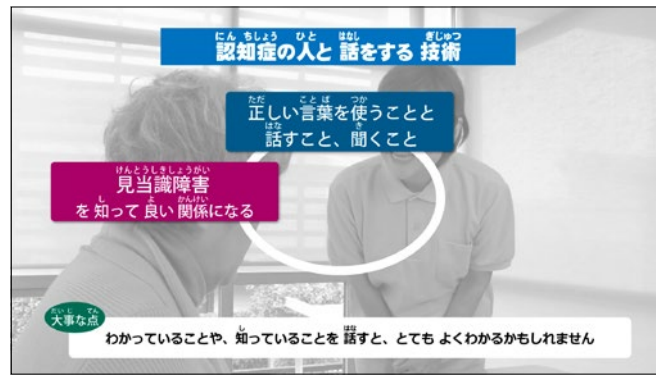
As we have seen through Ms. Sasaki's case, it is important to communicate with people with dementia in an easy-to-understand way corresponding to their comprehension and cognitive function.



にんちしょう ひと はなし ぎじゆつ 認知症の人と 話を する 技術	Communication with people who have dementia
ただ ことば つか 正しい言葉 を 使うことと 話すこと、き 聞くこと	You need to choose words and talk in an appropriate way
だいじ てん 大事な点	Point
ひと その人が わかる ことば つか 使って はなし 話すことが ひつよう 必要	It is necessary to choose words and talk in an appropriate way that suits the patient

Narration

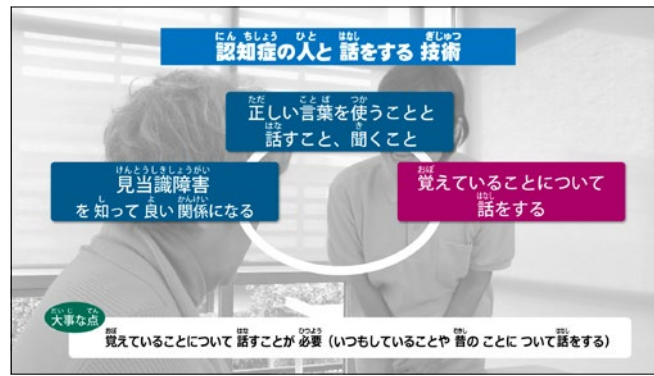
You need to choose words and talk in an appropriate way that suits the person you are interacting with, such as terms and speaking style that they can understand or are familiar with.



にんちしょう ひと はなし ぎじゆつ 認知症の人と 話を する 技術	Communication with people who have dementia
ただ ことば つか はな 正しい 言葉 を 使う こと と 話す こと、 聞く こと	You need to choose words and talk in an appropriate way
けんとうしきしょうがい し よ かんけい 見当識障害 を 知って 良い 関係 になる	Communication with an understanding of cognitive impairment
だいじ てん 大事な点	Point
わかっていることや、知っていることを話すと、とてもよくわかるかもしれません	The patient can also understand if you use hints and clues

Narration

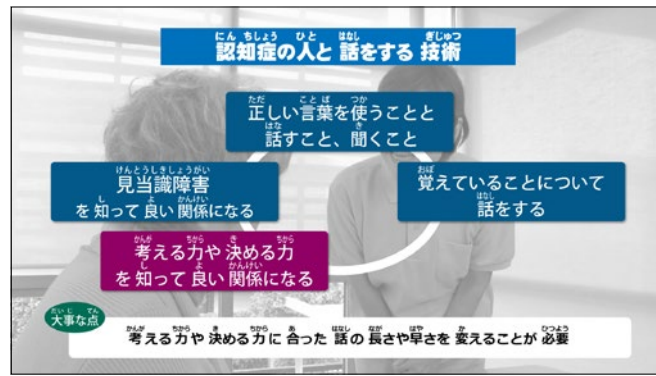
Even if it is difficult for them to understand the time and place due to cognitive impairment, it is still possible if there are hints and clues, so you need to grasp their cognitive status and then interact correspondingly.



にんちしょう ひと はなし ぎじゆつ 認知症の人と 話を する 技術	Communication with people who have dementia
ただ ことば つか ことば はなし 正しい 言葉 を 使う こと と 話す こと、 聞く こと	You need to choose words and talk in an appropriate way
けんとうしきしょうがい し よ かんけい 見当識障害 を 知って 良い 関係 になる	Communication with an understanding of cognitive impairment
おぼ ことば はなし 覚えている こと について 話を する	Communication with an understanding of memory impairment
だいじ 点 大事な 点	Point
おぼ ことば はなし ひつよう 覚えている こと について 話す こと が 必要 (いつもして いる こと や 昔の こと について 話を する)	It is necessary to interact correspondingly to the state of memory, provide topics and use terms related to their habits and old memories

Narration

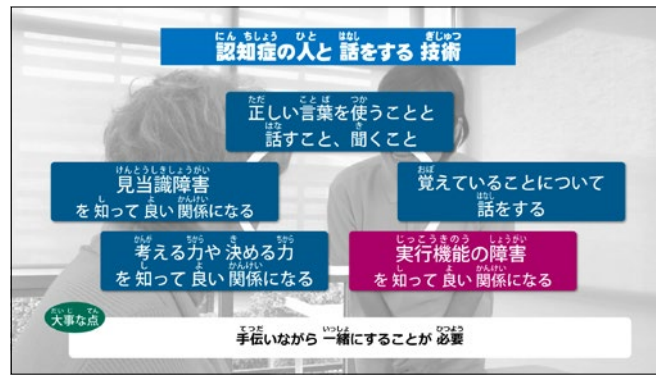
Even though it is hard for them to remember recent things, past memories such as relatively old ones are often preserved, so it is necessary to interact correspondingly to the state of memory, provide topics and use terms related to their habits and old memories.



にんちしょう ひと はなし ぎじゆつ 認知症の人と 話を する 技術	Communication with people who have dementia
ただ ことば つか はなし 正しい 言葉 を 使う こと と 話す こと、 聞く こと	You need to choose words and talk in an appropriate way
けんとうしきしょうがい し よ かんけい 見当識障害 を 知って 良い 関係 になる	Communication with an understanding of cognitive impairment
おぼ 覚えて いる こと について はなし 覚えて いる こと について 話 を する	Communication with an understanding of memory impairment
かんが ちから き ちから し よ かんけい 考える 力 や 決める 力 を 知って 良い 関係 になる	Communication with an understanding of thought disorder and impaired judgement
だいじ てん 大事な 点	Point
かんが ちから き ちから あ はなし なが はや か 考える 力 や 決める 力 に 合った 話 の 長さ や 早 さ を 変え ることが 必要	It is necessary to adjust the amount and speed of conversation according to their thinking and judgment ability

Narration

Understanding a great deal of information at once can be challenging for them, but since it is possible to do slowly step by step, you need to adjust the amount and speed of conversation according to their thinking and judgment ability.

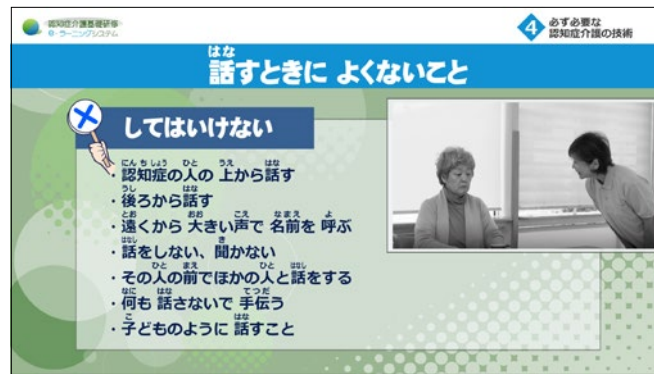


にんちしょう ひと はなし ぎじゅつ 認知症の人と 話をする 技術	Communication with people who have dementia
ただ ことば つか はなし 正しい言葉を使うことと 話すこと、聞くこと	You need to choose words and talk in an appropriate way
けんとうしきしょうがい し よ かんけい 見当識障害を知って 良い関係になる	Communication with an understanding of cognitive impairment
おぼ はなし 覚えていることについて 話をする	Communication with an understanding of memory impairment
かんが ちから き ちから し よ かんけい 考える力や 決める力を知って良い関係になる	Communication with an understanding of thought disorder and impaired judgement
じっごうきのう しょうがい 実行機能の 障害を わかって 良い関係になる	Communication with an understanding of executive function disorder
だいじ てん 大事な点	Point
てつだ いっしょ ひつよう 手伝いながら 一緒にすることが 必要です	It is necessary to join to help them as much as possible

Narration

It takes great effort to follow procedures and plans due to their executive function disorder, but they can do each individual thing properly, so it is necessary to presume what the person wants to do and join to help them as much as possible.

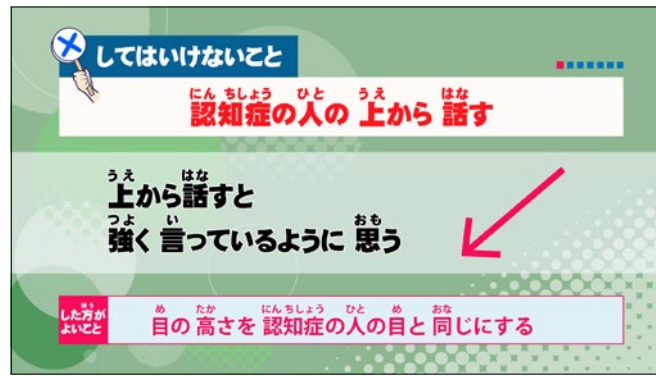
2 Appropriate methods to interact with people who have dementia ②



はな 話すときに よくないこと	Inappropriate attitudes
してはいけないこと	Avoid:
にんちしょう ひと うえ はな ・ 認知症の人の 上から話す	- Looking down from above
うし はな ・ 後ろから 話す	- Talking from behind
とお おお こえ なまえ よ ・ 遠くから 大きい 声で 名前を 呼ぶ	- Calling out loud from a distance
はなし き ・ 話をしない、聞かない	- Ignoring them
ひと まえ ひと はなし ・ その人の 前で ほかの人と 話をする	- Talking to other staff in front of the person
なに はな てつだ ・ 何も 話さないで 手伝う	- Practicing care in silence
こ はな ・ 子どものように 話すこと	- Treating them as children

Narration

In this section, let's learn about how to interact with people who have dementia, how to properly engage, as well as some “don'ts” that you must not do.



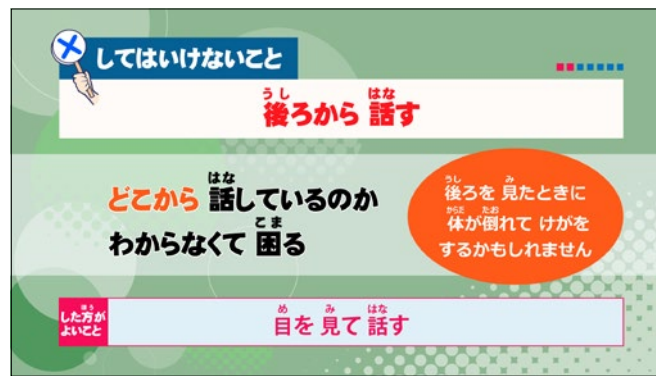
してはいけないこと	Avoid:
認知症の人の上から話す	Looking down from above
上から話すと強く言っているように思う	Being talked to from above can be intimidating
した方がよいこと	Solution
目の高さを認知症の人の目と同じにする	Have the same eye-line with theirs

Narration

First of all, you should avoid looking down from above.

Elderly people are often smaller than their caregivers, and talking while you stand makes them feel overlooked.

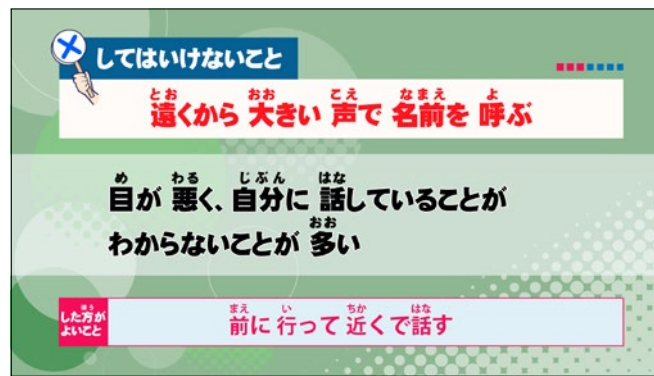
Being talked to from above can be intimidating, so it's important to have the same eye-line by lowering your hips or crouching down if they are using wheelchairs.



してはいけないこと	Avoid:
うし 後ろから話す	Talking from behind
どこから話しているのか わからなくて 困る	The elderly may be confused as they don't know where the voice is from
うし 後ろを見たときに 体が倒れて けがをするかもしれません	They may also lose their balance while trying to turn around
した方がよいこと	Solution
めみはな 目を見て話す	Talk while meeting their gaze

Narration

When you talk from behind, the elderly may be confused as they don't know where the voice is from. They may also lose their balance and fall while trying to turn around. Especially for people with dementia, it is necessary to go around to the front and talk while meeting their gaze.

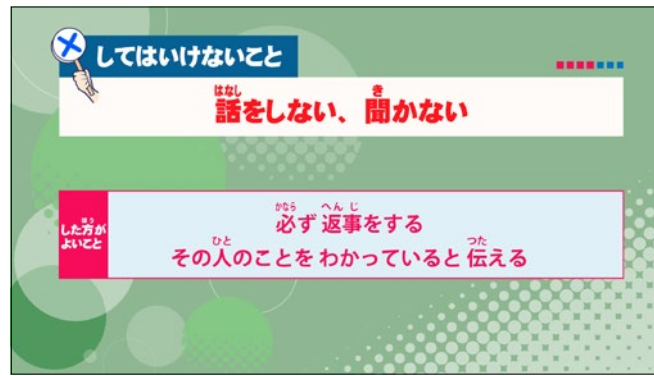


してはいけないこと	Avoid:
とお おお こえ なまえ よ 遠くから 大きい 声で 名前を 呼ぶ	Calling out loud from a distance
め わる じぶん はな 目が 悪く、自分に 話していることが わからない こと が多い	Elderly people are often have poor eyesight and don't understand what you are saying
した方がよいこと	Solution
まえ い ちか はな 前に行って 近くで話す	Approach nearer from the front and talk

Narration

Similarly, you should avoid calling out loud from a distance. Older people often have poor eyesight and don't understand what you are saying.

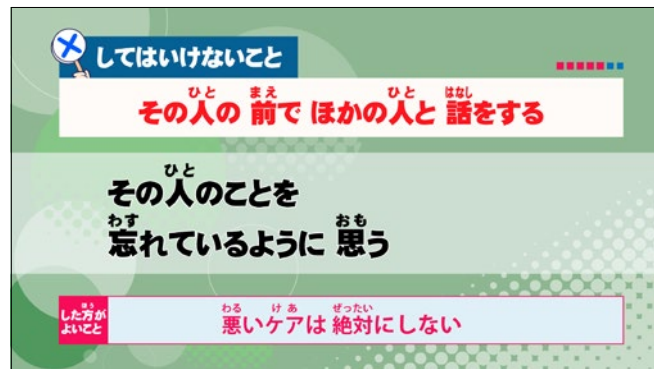
In such cases, try to approach nearer from the front to talk.



してはいけないこと	Avoid:
話をしない、聞かない	Ignoring them
した方がよいこと	Solution
必ず返事をする。 その人のことをわかっていると伝える	Be sure to reply and keep the attitude that you are well aware of what they are saying

Narration

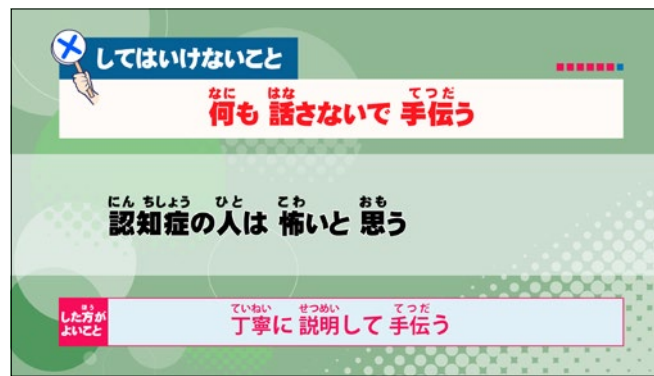
When someone with dementia talks to you, even if you are tied up, don't ignore them, make sure to reply, and keep the attitude that you are well aware of what they are saying.



してはいけないこと	Avoid:
その人の前でほかの人と話す	Talking to other staff in front of the person
その人のことをわすれているように思う	The patient may feel that he or she is completely ignored
した方がよいこと	Solution
悪いケアは絶対にしない	Do not practice care that goes against the philosophy of dementia care

Narration

Dementia is not an illness that causes people who have it to become ignorant of everything. Talking to other staff in front of a person who is receiving care means completely neglecting them. We can say this goes against the philosophy of dementia care.



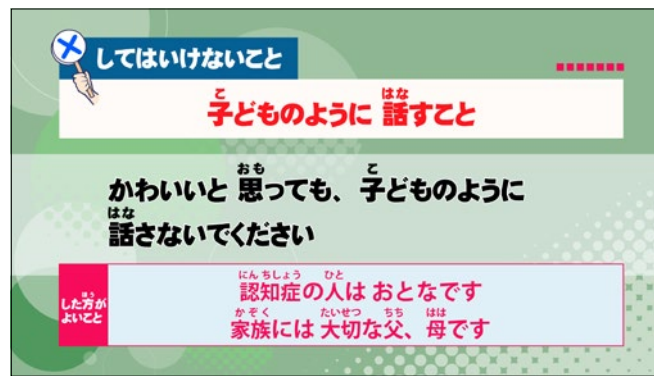
してはいけないこと	Avoid:
なに はな ても 話さないで 手伝う	Practicing care in silence
にん ちしょう ひと こわ おも 認知症の人は 怖いと 思う	Difficult to understand situations A very scary experience for people with dementia
ほう した方がよいこと	Solution
ていねい せつめい てつだ 丁寧に 説明して 手伝う	Provide care with careful explanation

Narration

Also, practicing care in silence can be a very scary experience for people with dementia, who have difficulty understanding such situations.

Care in silence also indicates the "They don't understand anyway" kind of feeling.

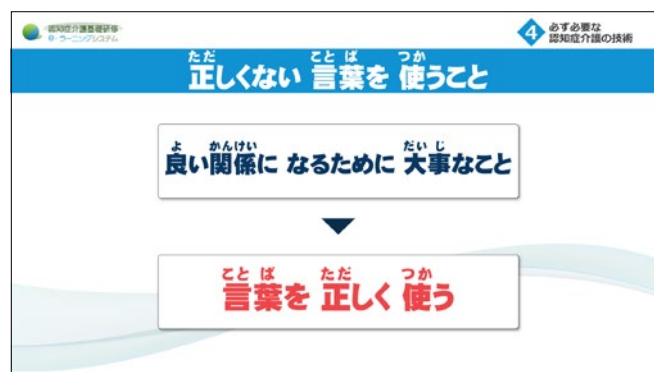
Even for people with dementia, who do not respond very well, it can be said that, to be in line with the philosophy of dementia care is to provide care with careful explanation.



してはいけないこと	Avoid:
子どものように話すこと	Treating them as children
かわいいとおもっても、子どものように話さないでください	Even if you think they are adorable, you should avoid treating them as children
した方がよいこと	Solution
認知症の人は おとなです 家族には 大切な 父、母です	Keep in mind that a person with dementia is a person with personality and an important parent to a family

Narration

Even if you think people with dementia are adorable, you should avoid treating them as children. Keep in mind that a person with dementia is a person with personality and an important parent to a family.



正しい言葉を使うこと	Inappropriate wording
良い関係になるために大事なこと	The basis of communication
言葉を正しく使う	The appropriateness of wording

Narration

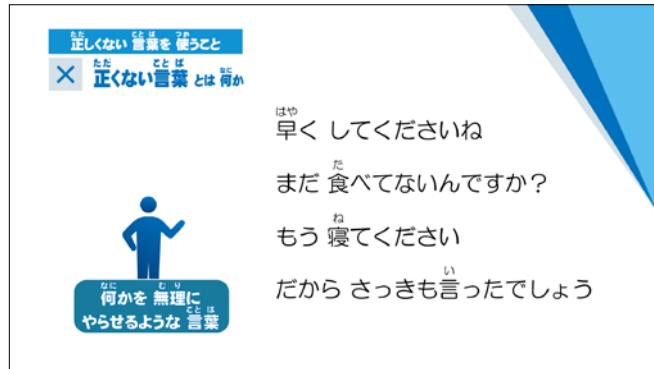
Next, let's learn what you need to be aware of when communicating with people with dementia. The basis of communication is the appropriateness of wording.



ただ 正しくない 言葉を 使うこと	Inappropriate wording
ただ 正しくない 言葉 とは 何か	Inappropriate wording example

Narration

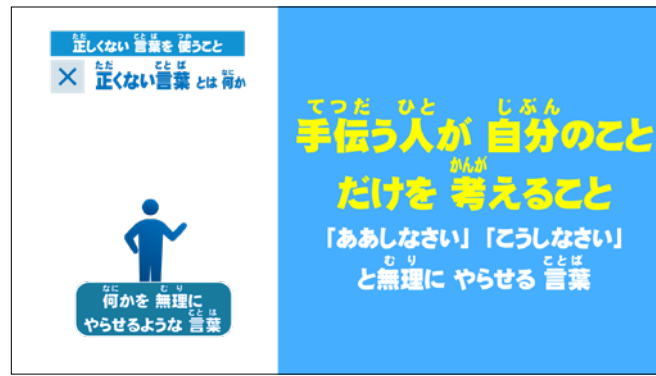
Let me give you some examples of inappropriate wording.



ただ 正しくない 言葉を 使うこと	Inappropriate wording
ただ 正しくない 言葉 とは 何か	Inappropriate wording example
なに 何かを 無理に やらせるような 言葉	Commanding words
「早く してくださいね」	“Please be quick”
「まだ 食べてないんですか？」	“Have you not eaten yet?”
「もう 寝てください」	“Please go to bed”
「だから さっきも言ったでしょう」	“Didn't I tell you?”

Narration

For example,
 “Please be quick”
 “Have you not eaten yet?”
 “Please go to bed”
 “Didn't I tell you?”
 etc.



ただ 正しくない 言葉 を 使う こと	Inappropriate wording
ただ 正しくない 言葉 とは 何か	Inappropriate wording example
なに 何か を 無理 に やらせる ような 言葉	Commanding words
てつだひ と じぶん 手伝う人が 自分 の こと だけ を かんが える こと	Caregiver-oriented perspective
「あしなさい」「こうしなさい」と 無理 に やらせる 言葉	Commanding words: "do that" and "do this"

Narration

Such words are from a caregiver-oriented perspective.

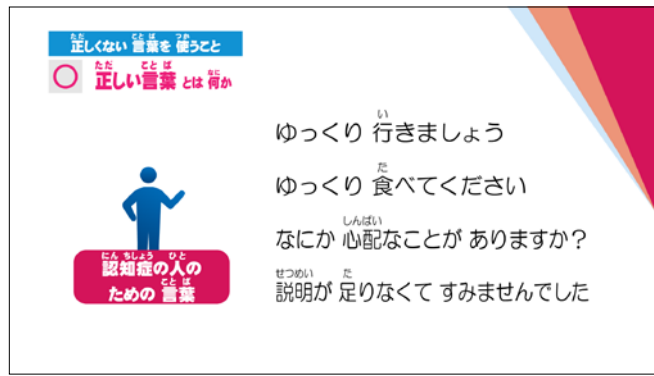
When the wording becomes caregiver-oriented, the commanding words "do that", "do this" will be spoken frequently.



ただ 正しくない 言葉 を 使う こと	Inappropriate wording
ただ 正しい 言葉 とは 何か	Appropriate wording example

Narration

On the other hand, patient-oriented wording is more suitable.



ただ、正しくない言葉を使うこと	Inappropriate wording
ただ、正しい言葉とは何か	Appropriate wording example
認知症の人のための言葉	Considerate toward the interests of the patients
「ゆっくり 行きましょう」	"Let's walk slowly"
「ゆっくり 食べてください」	"Please take your time and enjoy the meal"
「なにか 心配なことが ありますか？」	"Is there something you're worried about?"
「説明が 足りなくて すみませんでした」	"I apologize for not explaining clearly enough"

Narration

For example,

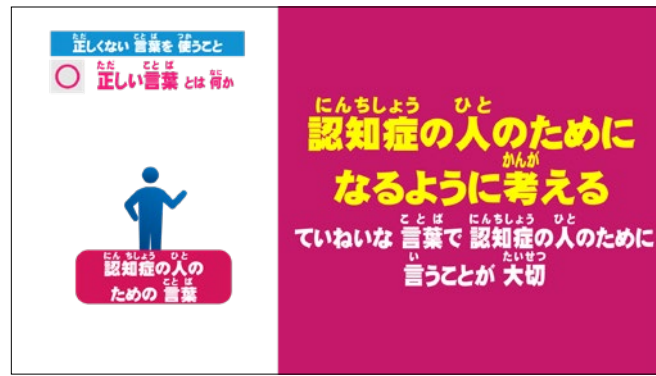
"Let's walk slowly"

"Please take your time and enjoy the meal"

"Is there something you're worried about?"

"I apologize for not explaining clearly enough"

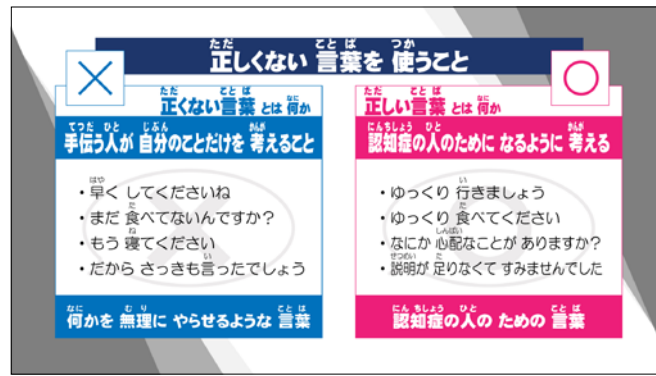
etc.



ただ 正しくない 言葉を 使うこと	Inappropriate wording
ただ 正しい 言葉とは 何か	Appropriate wording example
にんちしょう ひと 認知症の人のための 言葉	Considerate toward the interests of the patients
にんちしょう ひと 認知症の人のために なるように かんがえる	Patient-oriented perspective
ていねいな 言葉で 認知症の人のために 言うことが 大切	It is important to use nice words and speak from your heart

Narration

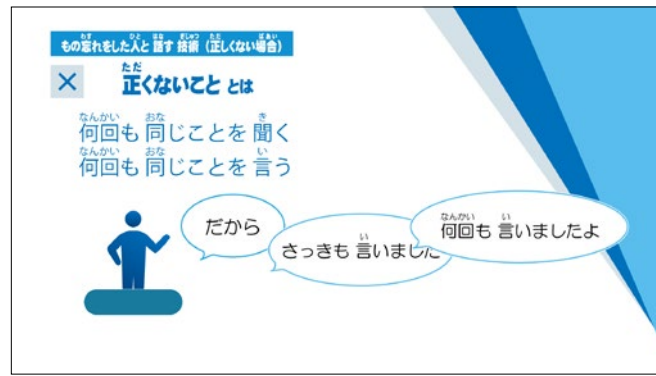
Such words are considerate toward the interests of the patients and can be considered patient-oriented. Even if you perfectly master and skillfully use the polite language, the patient is still not always satisfied. Even when the wording is polite, it can make the patient uncomfortable if the feeling is not right.



ただ、正しくない言葉を使うこと	Inappropriate wording
ただ、正しくない言葉とは何か	Inappropriate wording example
てつだひとじぶんが自分のことだけを考えること	Caregiver-oriented perspective
・早くしてくださいね	- Please be quick
・まだ食べてないんですか?	- Have you not eaten yet?
・もう寝てください	- Please go to bed
・だからさっきも言ったでしょう	- Didn't I tell you?
なにを無理にやらせるような言葉	Commanding words
ただ、正しい言葉とは何か	Appropriate wording example
にんちしょうひとのためになるべく考える	Patient-oriented perspective
・ゆっくり行きましょう	- Let's walk slowly
・ゆっくり食べてください	- Please take your time and enjoy the meal
・何か心配なことがありますか?	- Is there something you're worried about?
・説明が足りなくてすみませんでした	- I apologize for not explaining clearly enough
にんちしょうひとのための言葉	Considerate toward the interests of the patients

Narration

Make sure you understand these points and pay attention to the wording.



もの忘れをした人と話す技術 (正しくない場合)	Inappropriate response to forgetfulness
正しくない こととは	Inappropriate wording example
何回も 同じことを 聞く	Asking the same thing over and over again
何回も 同じことを 言う	Saying the same thing over and over again
「だから」	"Like I said"
「さっきも 言いました」	"As I said earlier"
「何回も 言いましたよ」	"As I said many times"

Narration

People with dementia may not remember what they were doing, so they ask or say the same thing over and over again.

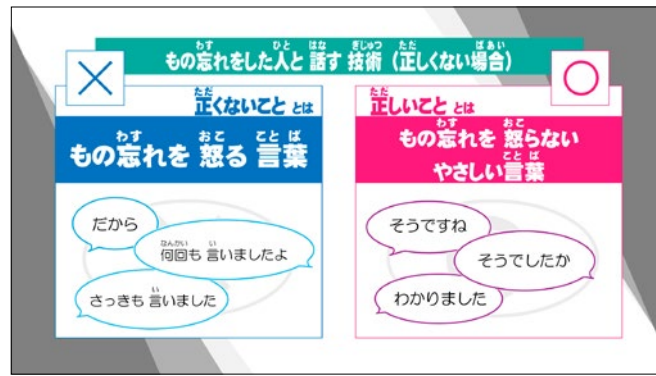
Examples of inappropriate care in such cases are:

“Like I said”

“As I said earlier”

"As I said many times"

kinds of communication.

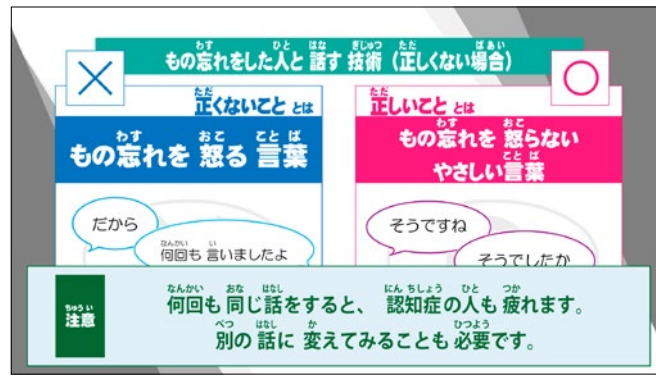


もの忘れをした人と話す技術 (正しくない場合)	Inappropriate response to forgetfulness
正しくないこととは	Inappropriate wording example
もの忘れを怒る言葉	Words that blame the person for forgetfulness
・だから	- Like I said
・なんかい 何回も言いましたよ	- As I said many times
・さっきも言いました	- As I said earlier
正しいこととは	Appropriate wording example
もの忘れを怒らないやさしい言葉	Words that don't make the person feel guilty for forgetfulness
・そうですね	- Is that so?
・そうでしたか	- I got it
・わかりました	- Oh really?

Narration

To the caregivers, they may have been asked many times, but to people with dementia, this is the first time they ask about it.

People with dementia are offended when you say "I told you..." to what they (think) they have just said for the first time.



<p>もの忘れをした人と話す技術 (正しくない場合)</p>	<p>Inappropriate response to forgetfulness</p>
<p>注意</p>	<p>Caution</p>
<p>何回も同じ話をすると、認知症の人も疲れます。別の話に変えてみることも必要です。</p>	<p>If you repeat the same content again and again, they may get tired, so you may need to try something such as "casually raise another topic"</p>

Narration

For people with dementia, who repeatedly say the same thing, it is necessary to listen to their conversation patiently.
 However, if you repeat the same content again and again, they may get tired, so it is necessary that you try to casually raise another topic.



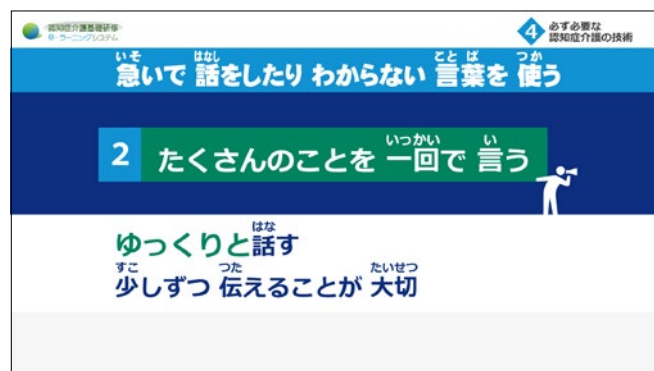
いそ はなし ことば つか 急いで話をしたりわからない言葉を使う	Fast speaking or words that are difficult to understand
1 いそ いろいろ はな 1 急いで色々なことを話す	1 Speak fast
いそ はなし わか ひと 急いで話をするとうかひと わかりにくい	Fast speaking is difficult for the elderly to understand
とくに にんちしょう ひと ちから ひく 特に認知症の人はわかる力が低くなります。 いそ はなし 急いで話をするとうてもわからなくなります。	People with dementia, in particular, have poor comprehension, which makes fast speaking completely incomprehensible to them

Narration

If you speak too fast, they will not be able to understand the content right away.

Fast speaking is difficult for the elderly to understand.

People with dementia, in particular, have poor comprehension, which makes fast speaking completely incomprehensible to them.

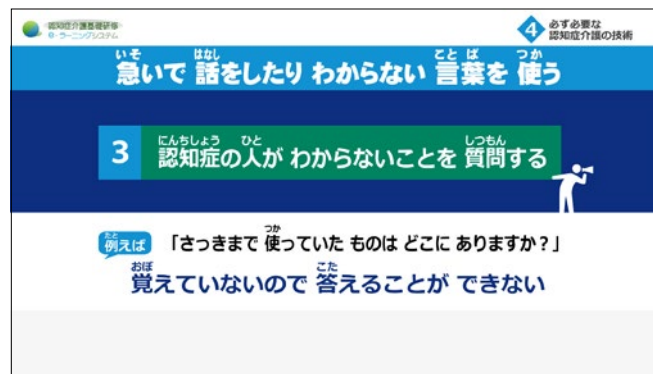


いそ はなし ことば つか 急いで話をしたりわからない言葉を使う	Fast speaking or words that are difficult to understand
2 たくさんのことを一回で言う	2 Convey a lot of information at a time
ゆっくりと話す すこ つた たいせつ 少しずつ伝えることが大切	It is important to convey information in a slow tone and short pieces

Narration

Their ability to grasp information is also poor, making it hard for them to understand when many things are said at the same time.

Therefore, it is important to convey information in a slow tone and short pieces.

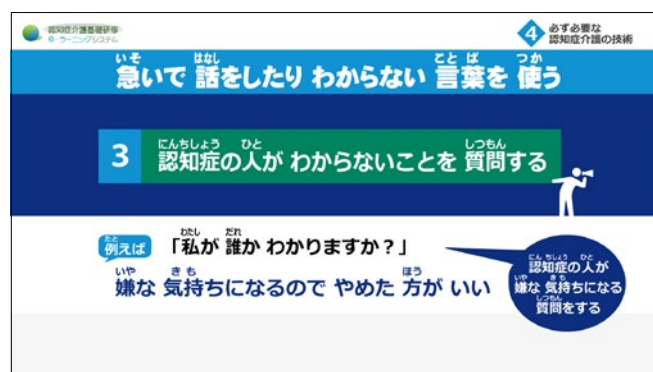


いそ はなし 急いで話をしたりわからない言葉を使う	Fast speaking or words that are difficult to understand
3 にんちしょう ひと 認知症の人がわからないことを質問する	3 Ask questions that the patients do not know
たと 例えは「さっきまで使っていたものはどこにありますか？」	Example "Where is the stick you just used?"
おぼ えていないので 答えることができない	They can't answer because they don't remember

Narration

There are things to keep in mind when we talk to people with dementia.

For example, they can't answer the question "Where is the stick you just used?" since they don't remember.

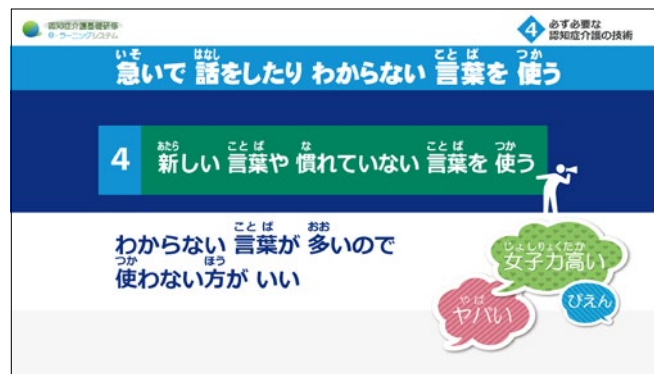


いそ はなし 急いで話をしたりわからない言葉を使う	Fast speaking or words that are difficult to understand
3 にんちしょう ひと 認知症の人がわからないことを質問する	3 Ask questions that the patients do not know
たと 例えは「私が誰かわかりますか？」	Example "Do you know who I am?"
にんちしょう ひと いや きもちになる 質問をする	Should be avoided as it will be an unpleasant experience
いや きもちになるので やめた方がいい	To test people with dementia

Narration

Also, asking "Do you know who I am?" is a way to test people with dementia, which can be a very unpleasant experience for them.

Thus, you should avoid asking them what they don't know.



いそ はなし ことば つか 急いで話をしたりわからない言葉を使う	Fast speaking or words that are difficult to understand
4 あたら ことば な ことば つか 新しい言葉や慣れていない言葉を使う	4 Use trendy words and unfamiliar words for the elderly
わからない言葉が多いので使わない方がいい	There are so many incomprehensible words to them, so try to avoid using those
じょしりょくたか 女子力高い	Girl power
やばい ヤバイ	Cool!
ぴえん	Sniff sniff

Narration

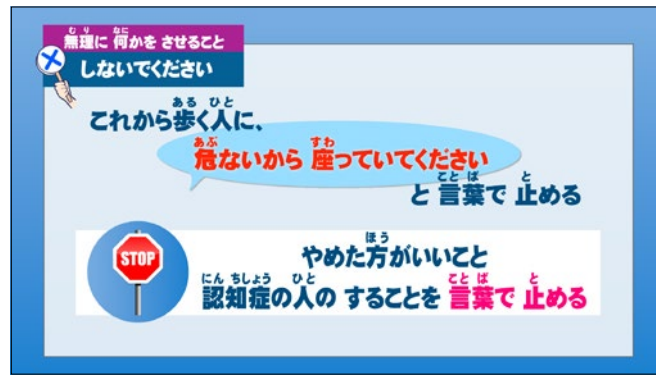
People with dementia may not always be able to understand the trendy words or commonly used phrases among the age group of the caregiver.

Those are often incomprehensible to them.

When communicating with them, you should use words that are familiar to the elderly, avoid trendy words that they are not familiar with or loanwords.

As people with dementia have poor comprehension, it is difficult for them to understand what we are saying.

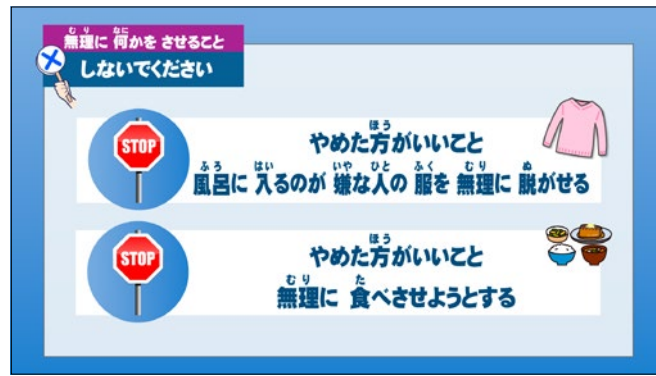
This also leads to the fact that it is difficult for them to understand our care.



無理に何かをさせること	Do not
しないでください	force or compel
これから歩く人に、「危ないから座ってください」と言葉で止める	Use words such as “Please sit down. It's dangerous” to stop those who are about to start walking
やめた方がいいこと	STOP
認知症の人のすることを言葉で止める	Trying to stop the person's actions with words

Narration

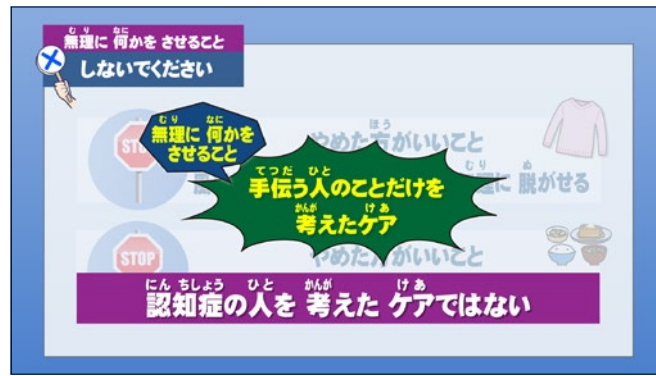
Sometimes we sense the danger of someone trying to walk and say “Please sit down, it's dangerous”. In other words, we forcibly stop people with dementia from trying to walk.



無理に何かをさせること	Do not
しないでください	force or compel
やめた方がいいこと	STOP
風呂に入るのが嫌な人の服を無理に脱がせる	Trying to forcibly take off the clothes of a patient who dislikes bathing
やめた方がいいこと	STOP
無理に食べさせようとする	Trying to force a patient to eat

Narration

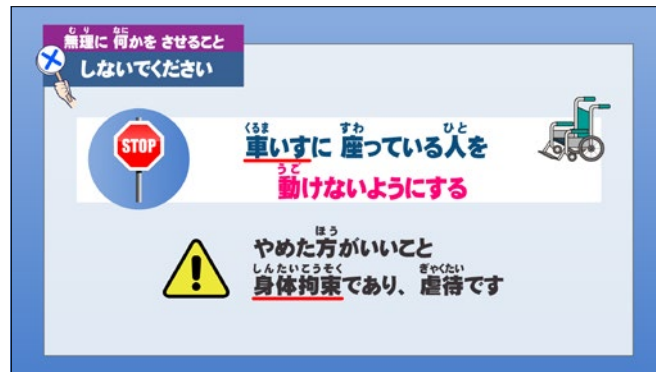
Also, trying to forcibly take off the clothes of people who dislike bathing, or forcing them to eat food against their wishes and commanding "Please eat" over and over again is hard to comprehend for people with dementia.



無理に何かをさせること	Do not
しないでください	force or compel
無理に何かをさせること	Forcing Compelling
手伝う人のことだけを考えたケア	Caregiver-oriented method
認知症の人を考えたケアではない	This is not the one that focuses on people with dementia

Narration

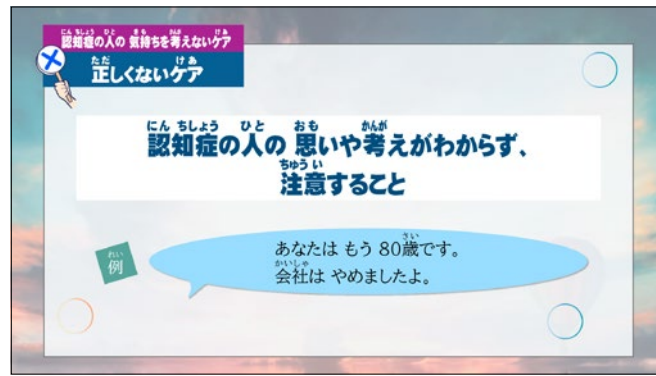
Care that is forced or compelled is caregiver-centric, and does not focus on people with dementia.



無理に何かをさせること	Do not
しないでください	force or compel
やめた方がいいこと	STOP
車いすに座っている人を動けないようにする	Forcing the person who is about to stand up into a wheelchair
身体拘束であり、虐待です	It can be understood as an act of physical restraint and abuse

Narration

In addition, it must be understood that actions such as forcing the person who is about to stand up into a wheelchair are acts of physical restraint and abuse.



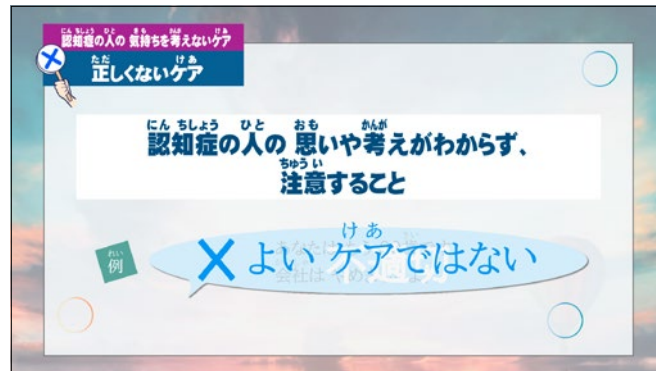
にんちしょうひと きも かんが けあ 認知症の人の気持ちを考えないケア	Response that does not understand the person's inner world
ただ けあ 正しくないケア	Inappropriate care
にんちしょうひと おも かんが ちゆうい 認知症の人の思いや考えがわからず、注意すること	Ignore the person's inner world and impose a realistic response
れい 例 「あなたはもう80歳です。会社はやめましたよ。」	Example: "You are 80 and your husband has already passed away."

Narration

People with dementia do not always live in the real world.

Sometimes they think they're still young and try to go to work or pick up their children.

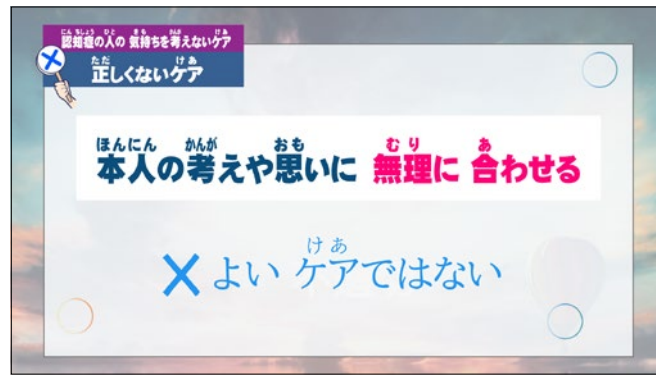
However, completely ignoring the world they are experiencing, and responding, for example, "You are 80 and your husband has already passed away", even if it is true, may confuse them.



にんちしょうひと きも かんが けあ 認知症の人の気持ちを考えないケア	Response that does not understand the person's inner world
ただ けあ 正しくないケア	Inappropriate care
にんちしょうひと おも かんが ちゆうい 認知症の人の思いや考えがわからず、注意すること	Ignore the person's inner world and impose a realistic response
れい 例 よい ケアではない	Inappropriate

Narration

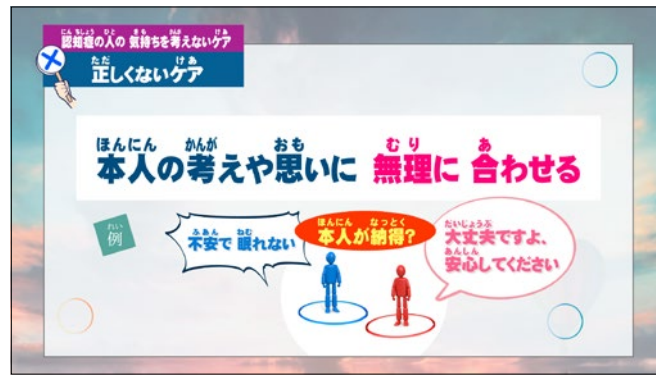
That's not the care they desire.



<small>にんちしょうひと きも かんが</small> 認知症の人の気持ちを考えないケア	Response that does not understand the person's inner world
<small>ただ</small> 正しくないケア	Inappropriate care
<small>ほんにん かんが おも むり あ</small> 本人の考えや思いに無理に合わせて	Forcibly matching the conversation with the world that the person is experiencing
<small>よい けあ</small> よいケアではない	Inappropriate

Narration

However, forcibly matching the conversation with the world that the person is experiencing is also another example of inappropriate care.

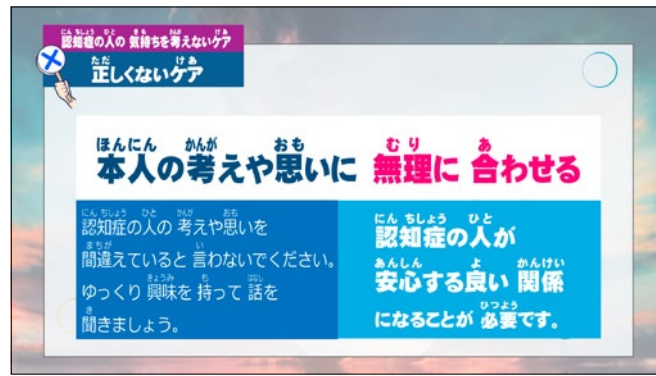


にんちしょうひと きも かんが けあ 認知症の人の気持ちを考えないケア	Response that does not understand the person's inner world
ただ けあ 正しくないケア	Inappropriate care
ほんにん かんが おも むり あ 本人の考えや思いに無理に合わせて	Forcibly matching the conversation with the world that the person is experiencing
れい 例	Example
ふあん ねむ 「不安で眠れない」	"I can't sleep because of anxiety"
だいじょうぶ あんしん 「大丈夫ですよ、安心して下さい」	"It's okay, don't worry"
ほんにん なつとく 本人が納得？	Will they feel convinced?

Narration

For example, to someone who complains that they cannot sleep due to anxiety, they will not be relieved even if you say "It's okay, don't worry,".

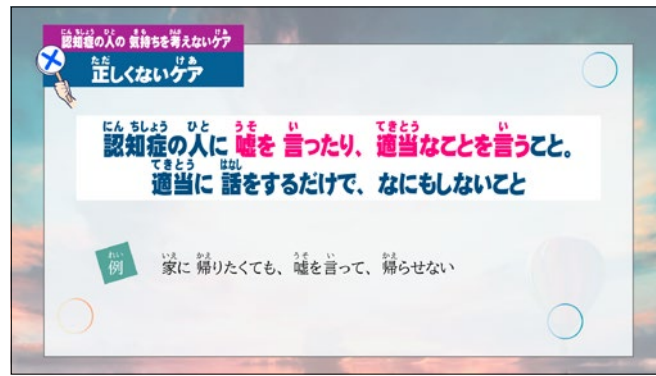
Even though you try to persuade them with reasons, it is not appropriate care unless they are convinced.



にん ちしょう ひと きも かんが けあ 認知症の人の気持ちを考えないケア	Response that does not understand the person's inner world
ただ けあ 正しくないケア	Inappropriate care
ほんにん かんが おも むり あ 本人の考えや思いに無理に合わせる	Forcibly matching the conversation with the world that the person is experiencing
にん ちしょう ひと かんが おも まちが い 認知症の人の考えや思いを間違えていると言わないでく ださい。 ゆっくり 興味を持って話を聞きましょう。	Listen carefully and show interest in their story without denying their world
にん ちしょう ひと あんしん よ かんけい ひつよう 認知症の人が安心して良い関係になることが必要です。	It is necessary to communicate to pacify them

Narration

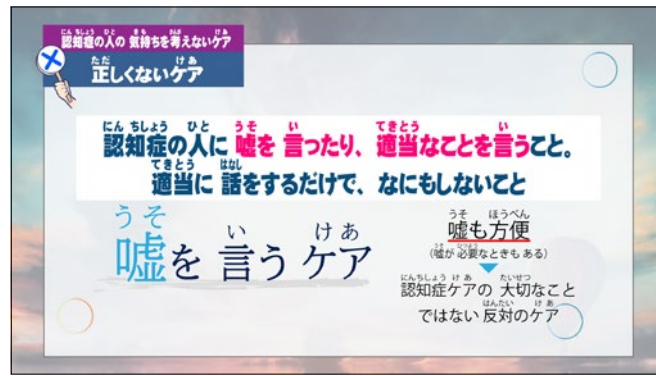
Despite of being difficult, it is necessary to communicate to pacify them, for instance, listen carefully and show interest in their story without denying their world.



認知症の人の気持ちを考えないケア <small>にんちしょう ひと きも かんが けあ</small>	Response that does not understand the person's inner world
正しくないケア <small>ただ けあ</small>	Inappropriate care
認知症の人に嘘を言ったり、適当なことを言うこと。適当に話をするだけで、なにもしないこと <small>にんちしょう ひと うそ い てきとう い てきとう はなし</small>	Cheating, manipulating, makeshift responses upon the person's request
例 家に帰りたくても、嘘を言って、帰させない <small>れい いえ かえ うそ い かえ</small>	Example: In response to dementia patient's desire to return home, the caregivers have given various "makeshift lies"

Narration

Cheating, manipulating and makeshift responses have been commonplace in the history of care. For example, in response to people with dementia's desire to return home, the caregivers have given various "makeshift lies".



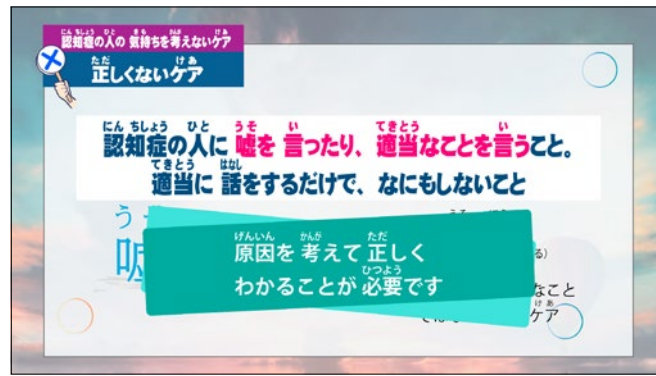
にんちしょう ひと きも かんが けあ 認知症の人の気持ちを考えないケア	Response that does not understand the person's inner world
ただ けあ 正しくないケア	Inappropriate care
にんちしょう ひと うそ い てきとう い うこと。てきとう 認知症の人に嘘を言ったり、適当なことを言うこと。適 当に話をするだけで、なにもしないこと	Cheating, manipulating, makeshift responses upon the person's request
うそ い けあ 嘘を言うケア	Care with lies
うそ ほうべん うそ ひつよう 嘘も方便 (嘘が必要なときもある)	' <u>uso mo houben</u> ' (Lies are also inappropriate)
にんちしょう けあ たいせつ はんたい けあ →認知症ケアの大切なことではない 反対のケア	This goes against the philosophy of dementia care

Narration

However, from the viewpoint of understanding people, care with lies is by no means a good care. Not every truth can be told, but in dementia care, the "uso mo houben"(Lies are also inappropriate) method is contrary to the care philosophy.

Glossary

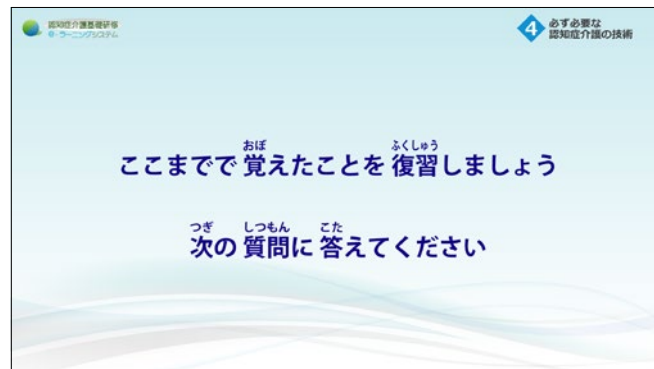
'uso mo houben' (Lies are also inappropriate) : This is a Japanese proverb. It means, "Lies are not good. But there are times when it is better to tell a lie".



にんちしょうひと きも かんが けあ 認知症の人の気持ちを考えないケア	Response that does not understand the person's inner world
ただ けあ 正しくないケア	Inappropriate care
にんちしょうひと うそ い てきとう い てきとう 認知症の人に嘘を言ったり、適当なことを言うこと。適 当に話をするだけで、なにもしないこと	Cheating, manipulating, makeshift responses upon the person's request
げんいん かんが ただ ひつよう 原因を考えて正しくわかる必要があります	It is preferable to confront and consider the causes

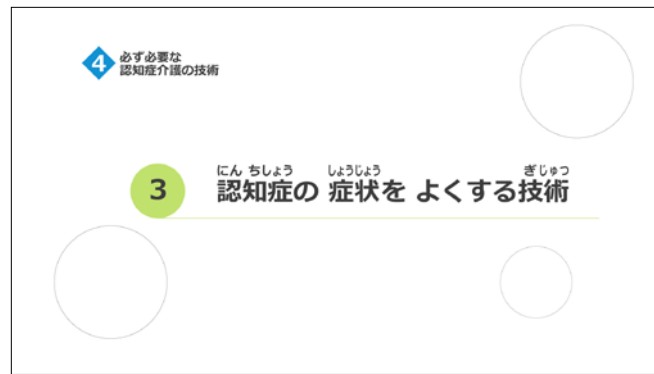
Narration

It is preferable to confront and consider the causes, such as why they want to go home, or where they want to leave for.



ここまでで おぼ ふくしゅう 覚えたことを復習しましょう	Let's review what we have learned so far
つぎ しつもん こた 次の質問に教えてください	Answer the questions on the next page.

3 Dealing with dementia symptoms (case practices)



第4章 必ず必要な 認知症介護の 技術 <small>だい しょう かなら ひつよう にんちしょうかいご ぎじゆつ</small>	Chapter 4 Basic Techniques in Dementia Care
③ 認知症の 症状を よくする技術 <small>にんちしょう しょうじょう ぎじゆつ</small>	③ Treatments of dementia symptoms

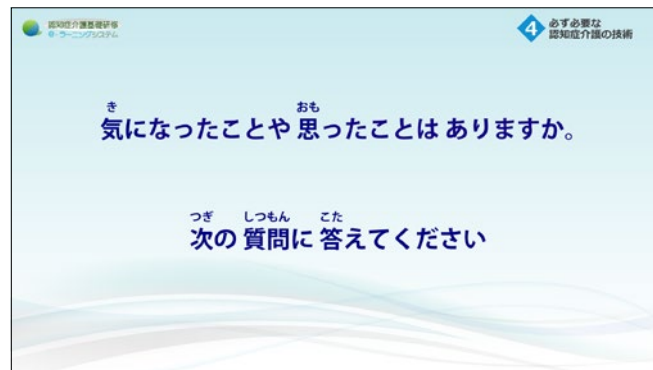
Narration

In the previous sections, we have learned about the core symptoms of dementia and a variety of behavioral and psychological symptoms of dementia (BPSD), but how should we actually treat them? Here, I would like to talk about specific treatments for core symptoms and behavioral and psychological symptoms of dementia (BPSD) through examples.

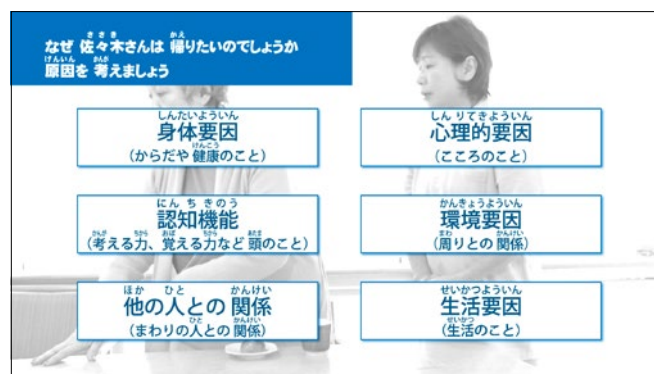
First, let's consider the case "Ms. Sasaki wants to go home".



いえ かせ ささき ばあい 家に 帰りたい 佐々木さんの場合	Ms. Sasaki wants to go home
す た っ ぷ スタッフ：「佐々木さん、どうしましたか。」	Staff : "Are you okay, Ms. Sasaki?"
さ さ き 佐々木さん：「あの、うちに帰りたいんですけど。」	Ms. Sasaki : "Oh, I want to go home."
す た っ ぷ スタッフ：「お茶ははいてますよ。おまんじゅうもありま すからね。さあ、座りましょうね。」 「はい、おまんじゅう、どうぞ。お茶もどうぞ。」 「は～～」	Staff : "You have tea, and also steamed buns here. Let's take a seat." "Okay, please take a steamed bun, and have some tea." "Alright."
さ さ き 佐々木さん：(徘徊)	Ms. Sasaki : (Wandering)
す た っ ぷ スタッフ：「佐々木さん。座ってお茶飲みましょう。みなさ ん待ってますよ。」	Staff : "Ms. Sasaki, let's sit down and have some tea. Everyone is waiting for you."
さ さ き 佐々木さん：「みなさん・・・」	Ms. Sasaki : "Everyone..."



き おも 気になったことや 思ったことは ありますか。	Can you notice or feel something when looking at Ms. Sasaki's case?
つぎ しつもん こた 次の 質問に答えてください。	Answer the questions on the next page.

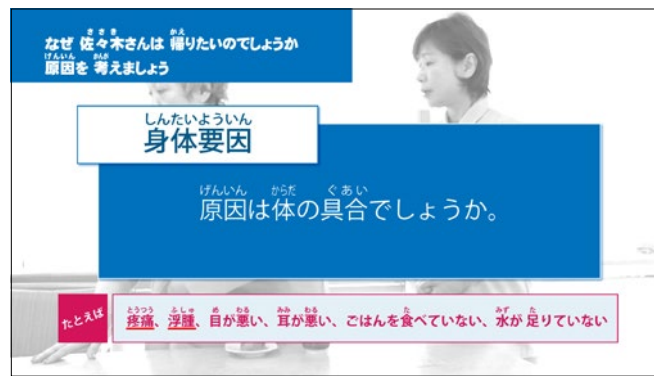


<p>なぜ 佐々木さんは 帰りたいのでしょうか 原因を 考えましょう</p>	<p>Why does Ms. Sasaki want to go home? Let's think about the cause</p>
<p>[身体要因 (からだや 健康のこと)]</p>	<p>Physical factors</p>
<p>[心理的要因 (こころのこと)]</p>	<p>Psychological factors</p>
<p>[認知機能 (考える力、覚える力など 頭のこと)]</p>	<p>Cognitive function</p>
<p>[環境要因 (周りとの 関係)]</p>	<p>Environmental factors</p>
<p>[他の人との 関係 (まわりの人との 関係)]</p>	<p>Relationships</p>
<p>[生活要因 (生活のこと)]</p>	<p>Living factors</p>

Narration

Let's learn together how to support Ms. Sasaki.

The first thing we are concerned is why Ms. Sasaki wants to go home. Let's put ourselves in Ms. Sasaki's shoes and think about the reasons why she wants to go home.



なぜ 佐々木さんは 帰りたいのでしょうか 原因を 考えましょう	Why does Ms. Sasaki want to go home? Let's think about the cause
身体要因	Physical factors
原因は体の具合でしょうか。	Does the cause come from her body or physical condition?
たとえば：	For example
疼痛、浮腫、目が悪い、耳が悪い、ごはんを食べていない、 水が足りていない	Pain, swelling, visual aging, auditory aging, nutritional status, water intake

Narration

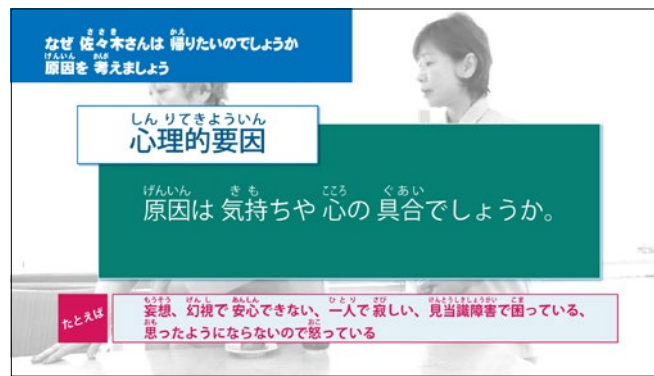
How is Ms. Sasaki's physical condition?

Does she have any disease or illness, such as pain or swelling? Has her eyesight or hearing ability deteriorated with aging?

Is there a lack of nutrition?

Does she drink enough water?

It is also possible that she is restless and anxious due to her physical condition.



なぜ佐々木さんは帰りたいのでしょうか 原因を考えましょう	Why does Ms. Sasaki want to go home? Let's think about the cause
心理的要因	Psychological factors
原因は気持ちや心の具合でしょうか。	Does the cause come from her feelings and psychological conditions?
たとえば：	For example
妄想、幻視で安心できない、一人で寂しい、見当識障害で困っている、思ったようにならないので怒っている	Delusions, anxiety due to visual hallucinations, loneliness, anxiety due to cognitive impairment, impatience

Narration

How is Ms. Sasaki feeling?

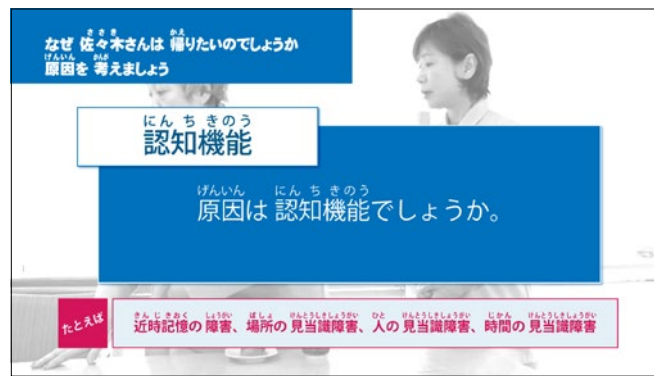
What does Ms. Sasaki think about when she complains that she wants to go home?

Does she suffer from anxiety or a sense of isolation because she doesn't know where she is?

Is she in a haste to go home soon?

Or does she want to go home because of delusions and hallucinations inside her head?

In many cases, feelings such as anxiety, impatience, anger, and joy are caused by many reasons, so it is necessary to first understand her psychological condition.



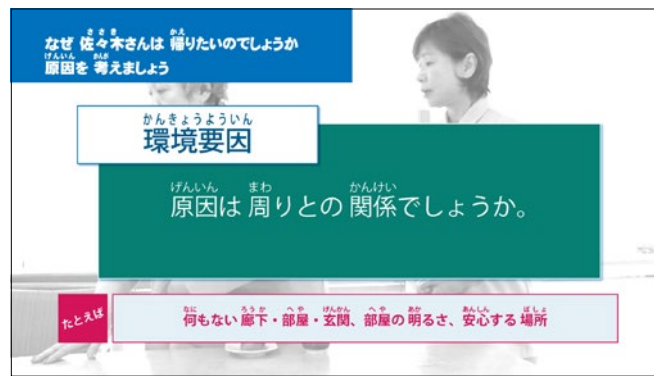
なぜ 佐々木さんは 帰りたいのでしょうか 原因を 考えましょう	Why does Ms. Sasaki want to go home? Let's think about the cause
認知機能	Cognitive function
原因は 認知機能でしょうか	Does the cause come from cognitive function?
たとえば：	For example
近時記憶の 障害、場所の 見当識障害、人の 見当識障害、 時間の 見当識障害	Short term memory impairment, space cognitive impairment, person cognitive impairment, time cognitive impairment

Narration

How about Ms. Sasaki's cognitive function?

Is she having trouble remembering things lately, forgetting so quickly, especially having no idea of where or when, or forgetting someone she must have known?

Since cognitive functions include a variety of processes, it is necessary to confirm and thoroughly understand what kind of symptoms are occurring.



なぜ 佐々木さんは 帰りたいのでしょうか 原因を 考えましょう	Why does Ms. Sasaki want to go home? Let's think about the cause
環境 要因	Environmental factors
原因は 周りとの 関係でしょうか。	Does the cause come from the surrounding environment?
たとえば：	For example
何もない 廊下・部屋・玄関、部屋の 明るさ、安心する 場所	A bleak hall/room, entrance, light and darkness, a calm place

Narration

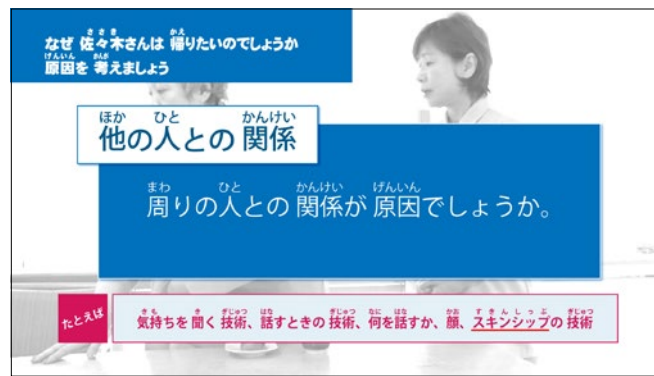
Is there any problem with the surrounding environment?

Is Ms. Sasaki's living environment safe? Is it far from the environment in which she used to live?

Is Ms. Sasaki's room a calm place? Is the layout (entrance, toilet, dining room, her room, etc.) arranged in an easy-to-understand manner?

Are the light, scent, and temperature adjusted to be comfortable?

Is there a place where Ms. Sasaki can spend her time calmly?



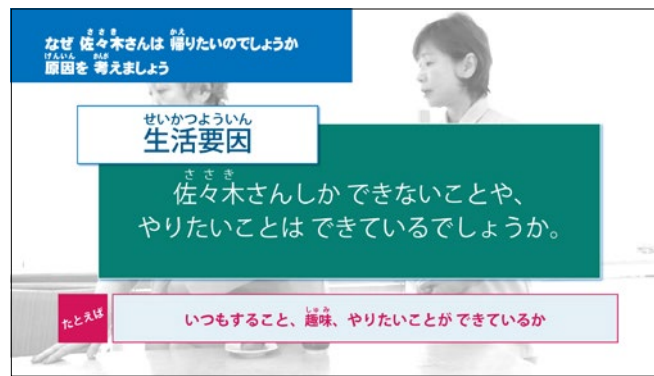
なぜ 佐々木さんは 帰りたいのでしょうか 原因を 考えましょう	Why does Ms. Sasaki want to go home? Let's think about the cause
ほか ひと かんけい 他の人との 関係	Relationships
まわ ひと かんけい げんいん 周りの人との 関係が 原因でしょうか	Does the cause come from the way she interacts with others?
たとえば :	For example
気持ちを 聞く 技術、 話すときの 技術、 何を話すか、 顔、 スキンシップの 技術	Confirmation of intention, ways of speaking, speaking content, facial expression, ways of having physical contact

Narration

Is the way you interact with Ms. Sasaki appropriate?

Does your interacting method make Ms. Sasaki uncomfortable? For instance, suddenly talking, unpleasant touching, unilaterally prevailing on her, or shouting from staff and others, the way you make physical contact, the way you talk, and the distance when you talk, etc.

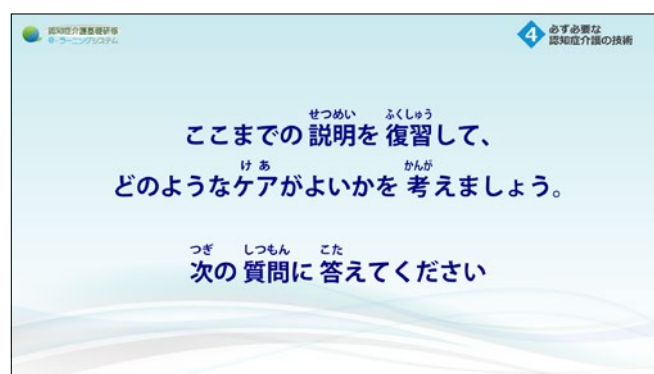
It is necessary to start by listening to her in a proper and polite manner.



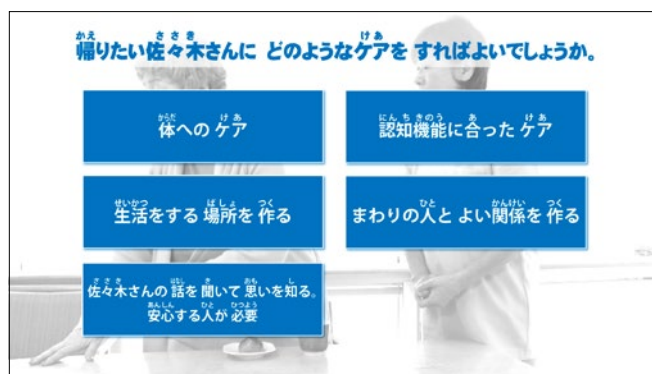
なぜ 佐々木さんは 帰りたいのでしょうか 原因を 考えましょう	Why does Ms. Sasaki want to go home? Let's think about the cause
生活要因	Living factors
佐々木さんしか できないことや、 やりたいことは できているでしょうか。	Does the cause come from her role or things she wants to do?
たとえば：	For example
いつもすること、趣味、 やりたいことが できているか	Does she have daily activities, hobbies, and things she wants to do?

Narration

- Is Ms. Sasaki doing what she wants to do?
- Are her daily activities fulfilling?
- Or is she staying still without doing anything?
- Does she have any hobbies?
- Is she forced to do something?
- Does she have a daily routine or carry out a role in life?



ここまでの説明を 復習して、 どのような ケアがよいかを 考えてみましょう。	Based on the explainer video, how would you interact with the patient if it were you?
次の 質問に 答えてください	Answer the questions on the next page.

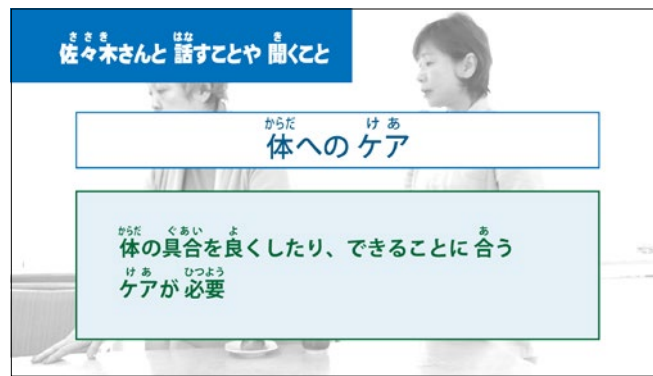


<p>かえ 帰りたい 佐々木さんに どのようなケアを すればよいで しょうか。</p>	<p>How should we response with Ms. Sasaki's desire to go home?</p>
<p>からだ けあ [体への ケア]</p>	<p>Care for her body</p>
<p>にんちきのう あ けあ [認知機能に合った ケア]</p>	<p>Provide care according to her cognitive function</p>
<p>せいかつ ばしょをつく [生活をする 場所を 作る]</p>	<p>Environmental improvement</p>
<p>まわりの人と よい関係を 作る]</p>	<p>Relationships adjustment and proper communication</p>
<p>ささきさんの 話を 聞いて 思いを知る。安心する人が 必要]</p>	<p>Listening to her, understanding her intentions, and building reliable relationship with her is essential</p>

Narration

As mentioned above, it is necessary to consider the causes and reasons why Ms. Sasaki wants to go home from various points of view.

It is important to search through possible causes one by one, from physical condition, cognitive function, environment, communication, activity, psychological condition, etc. Let's start by listening to Ms. Sasaki.



さ さ き は な き 佐々木さんと話すことや聞くこと	How to interact with Ms. Sasaki
か ら だ け あ 体へのケア	Care for her body
か ら だ く あ い よ あ け あ ひ つ よ う 体の 具合を良くしたり、できることに 合うケアが 必要	It is necessary to check the physical condition and physical function, create and engage in an environment according to her physical condition

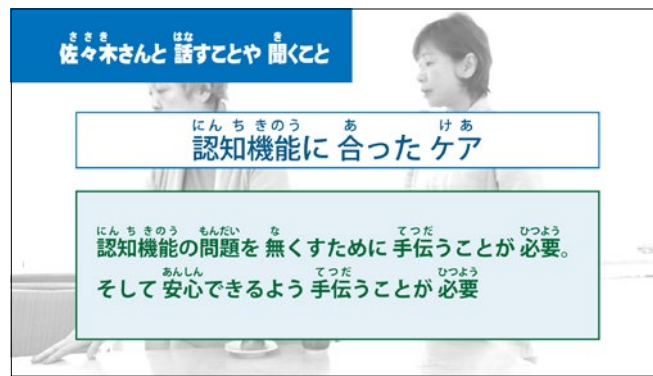
Narration

Let's consider the treatment for each cause.

First, is her physical condition the cause?

If Ms. Sasaki's physical condition causes the situation, it is necessary to check disease, pain, constipation, dehydration/malnutrition, medication, sleep, or something else and perform appropriate treatment accordingly.

In addition, the situation may arise because of physical functions such as eyesight, hearing ability, or lower limb muscle strength, and it is necessary to engage and create an environment without barriers.



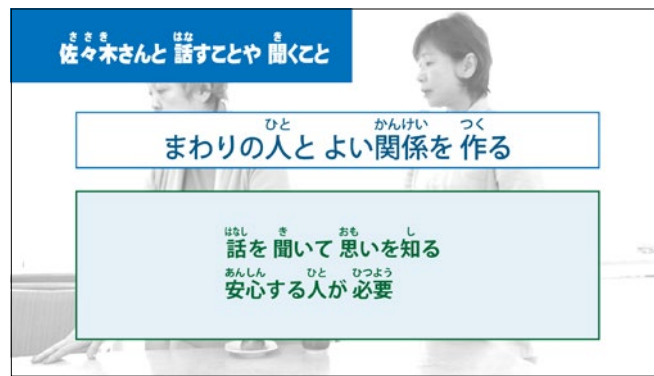
さ さ き はな き 佐々木さんと話すことや聞くこと	How to interact with Ms. Sasaki
にん ち き の う あ け あ 認知機能に合ったケア	Provide care according to her cognitive function
にん ち き の う もん だ い な て つ だ ひ つ よ う 認知機能の問題を無くすために手伝えることが必要。 そして あん し ん て つ だ ひ つ よ う そして安心できるよう手伝えることが必要	Psychological stability is required depending on the state of cognitive function

Narration

Next, let's consider if anxiety due to cognitive function decline is the cause.

Symptoms of various types of dementia can make her feel perplexed that she is not herself or is in a different environment, which causes confusion, anxiety and fear. They may be the reasons why she doesn't want to be here and would rather escape to a safe place.

First of all, you need to be kind, calm, and interact with her to alleviate the confusion and anxiety. In addition, it is necessary to prepare the environment in response to various changes in cognitive function, speak out, and support her activities while helping to create a safe place for her to live.



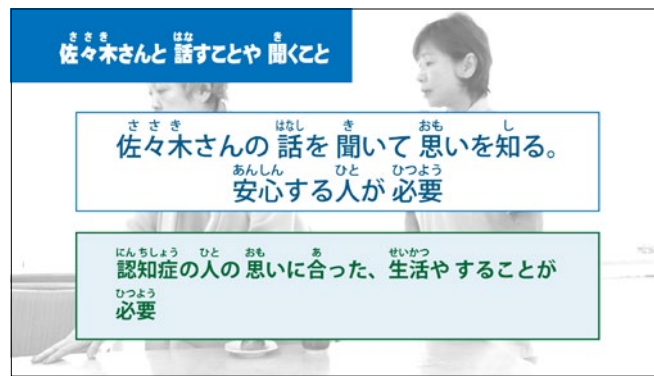
さ さ き は な き 佐々木さんと話すことや聞くこと	How to interact with Ms. Sasaki
ひ と か ん け い つ く まわりの人とよい関係を作る	Relationships adjustment and proper communication
は な し き お も し 話を聞いて思いを知る あ ん し ん ひ と ひ つ よ う 安心する人が必要	Listening to her, understanding her intentions, and building reliable relationship with her is essential

Narration

And let's consider if relationships are the cause.

If she doesn't have good relationships with others, intervene to maintain the distance or adjust the interaction so that they can get along together. She may also feel anxious or dissatisfied with staff member's voices, speaking styles, and attitudes. The complaint of wanting to go home is the same as the moan of loneliness and anxiety. First of all, it is necessary to listen carefully to Ms. Sasaki's story and understand her feelings. And if she can have a relationship of trust, her loneliness and anxiety will be alleviated, and if she knows that she has an ally, the desire to go home will be alleviated too.

Be polite, listen to Ms. Sasaki's story, and try to communicate in a way that captures her true intentions.

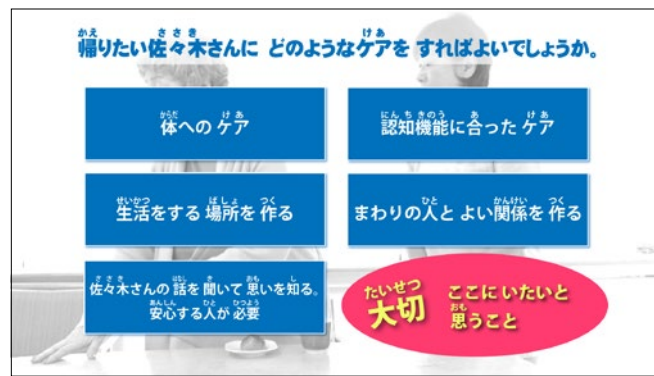


さ さ き はな き 佐々木さんと話すことや聞くこと	How to interact with Ms. Sasaki
さ さ き はなし き おも し あんしん ひと 佐々木さんの話を聞いて思いを知る。安心する人が ひつよう 必要	Listening to her, understanding her intentions, and building reliable relationship with her is essential
にん ちしょう ひと おも あ せいかつ 認知症の人の思いに合った、生活やすることが ひつよう 必要	It is necessary for her to have appropriate role according to her will

Narration

In addition, let's consider if the cause is related to her daily activities.

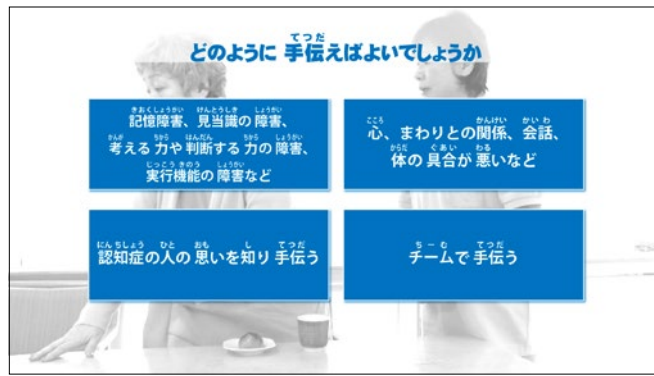
Let's check how Ms. Sasaki spends her day. What does Ms. Sasaki do in a day? Check if she is having fun doing what she wants to do, being fulfilling rather than just working, being praised or admired by others, having a role, or if she has any frequent activities or hobby in her daily life. If she has nothing to do, let's prepare activities for her by referring to Ms. Sasaki's interests and concerns or the activities she was doing before.



かえ 帰りたい 佐々木さんに どのようなケアを すればよいで しょうか。	How should we respond with Ms. Sasaki's desire to go home?
からだ 体への ケア]	Care for her body
にんちきのう 認知機能に 合った ケア]	Provide care according to her cognitive function
せいかつ 生活する 場所を つく]	Environmental improvement
まわりの人 と よい かんけい を つく]	Relationships adjustment and proper communication
[佐々木さんの 話を 聞いて 思いを知る。 あんしん 安心する人が 必要]	Listening to her, understanding her intentions, and building reliable relationship with her is essential
たいせつ 大切 : ここに いたいと おも 思うこと	Crucial point It is all about making her want to be here and be willing to stay here.

Narration

The purpose of responding to her desire to return home is not to eliminate this desire for the time being. Even if you take action to eliminate the desire, she may still want to go home. The important thing is to make her want to be here and willing to stay here.

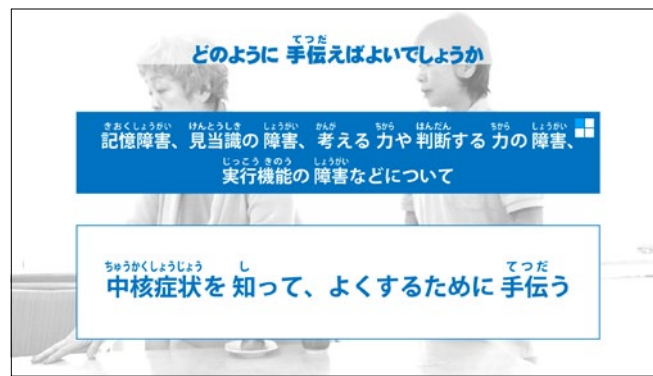


どのように <small>てつだ</small> 手伝えばよいでしょうか	What kind of response is preferable?
[<small>きおく</small> 記憶障害、 <small>けんとうしき</small> 見当識の障害、 <small>しやうがい</small> 考える力や <small>かんだん</small> 判断する力の障害、 <small>じっこうきのう</small> 実行機能の障害など]	Memory impairment, cognitive impairment, thought disorder and impaired judgement, executive function disorder, etc.
[<small>こころ</small> 心、 <small>まわり</small> まわりとの関係、 <small>かいわ</small> 会話、 <small>からだ</small> 体の具合が <small>わる</small> 悪いなど]	Psychology, environment, response, physical malfunction, etc.
[<small>にんちしやう</small> 認知症の人の <small>おも</small> 思いを <small>し</small> 知り <small>てつだ</small> 手伝える]	Response that you understand the person's inner world
[<small>ちーむ</small> チームで <small>てつだ</small> 手伝える]	Care as a team

Narration

So far, through the case of Ms. Sasaki, we have been thinking about the causes and treatments for her desire to go home.

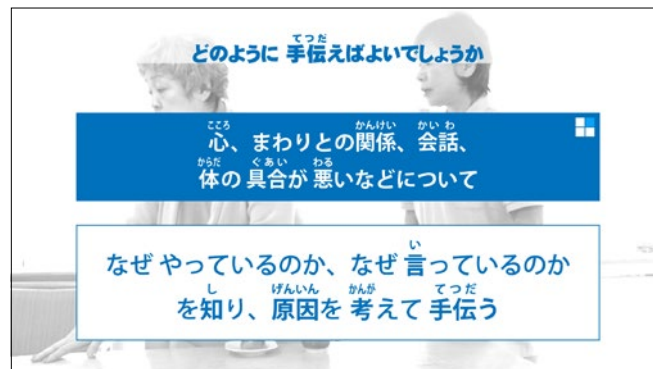
Based on that, let's summarize the specific treatments for the core symptoms and behavioral and psychological symptoms associated with dementia.



どのように ^{てつだ} 手伝えばよいでしょうか	What kind of response is preferable?
きおくしょうがい けんとうしき しょうがい かんが ちから はんだん ちから しょうがい 記憶障害、見当識の障害、考える力や判断する力の障害、 実行機能の障害などについて	Memory impairment, cognitive impairment, thought disorder and impaired judgement, executive function disorder, etc.
ちゅうかくしょうじょう し ^{てつだ} 中核症状を知って、よくするために手伝う	Understand core symptoms and respond appropriately to core symptoms

Narration

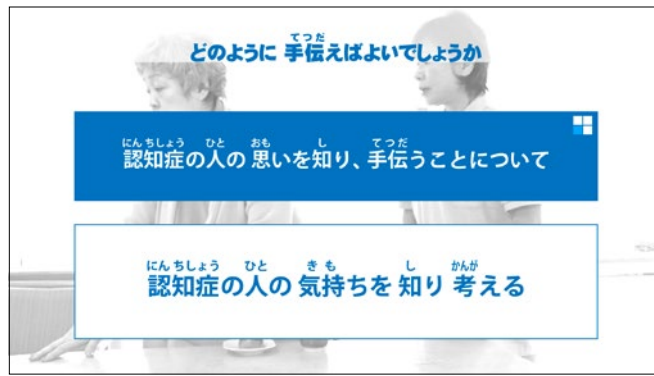
First of all, it is important to understand the core symptoms of dementia and perform appropriate treatments according to the state of cognitive function.



どのように ^{てつだ} 手伝えばよいでしょうか	What kind of response is preferable?
こころ かんけい かいわ からだ くあい わる 心、まわりとの関係、会話、体の具合が悪いなどについて	Psychology, environment, response, physical malfunction, etc.
なぜ やっているのか、なぜ ^い 言っているのか し げんいん かんが ^{てつだ} を知り、原因を考えて手伝う	Know the background of actions and behaviors and respond according to the causes

Narration

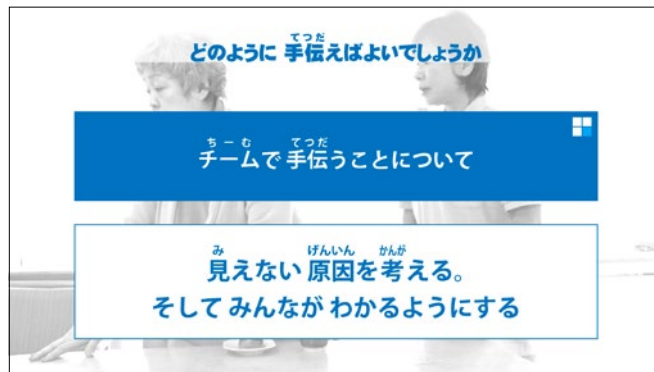
And it is important to search for the cause based on the background and respond from various points of view accordingly, not just the actions and words that you see from the patient.



どのように てっだ 手伝えばよいでしょうか	What kind of response is preferable?
にんちしょう ひと おも し てっだ 認知症の人の 思いを知り、手伝えることについて	Response that you understand the person's inner world
にんちしょう ひと きも し かんが 認知症の人の 気持ちを 知り 考える	Think from the patient's perspective

Narration

In addition, it is important to always understand the patient's intentions from their own perspective and put yourself in their shoes.

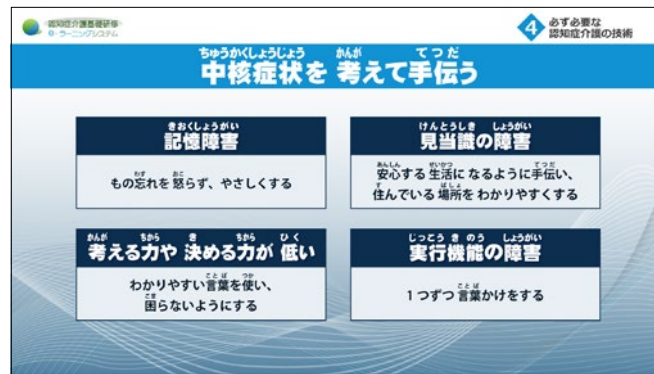


どのように てっだ 手伝えばよいでしょうか	What kind of response is preferable?
ちーむ てっだ チームで 手伝えることについて	Care as a team
み げんいん かんが 見えない 原因を 考える。そして みんなが わかる ようにする	Share the perspective of the response based on understanding the background to the team

Narration

Finally, it is important to have a unified response from the entire team, not just from individual staff members.

3 Dealing with dementia symptoms ②

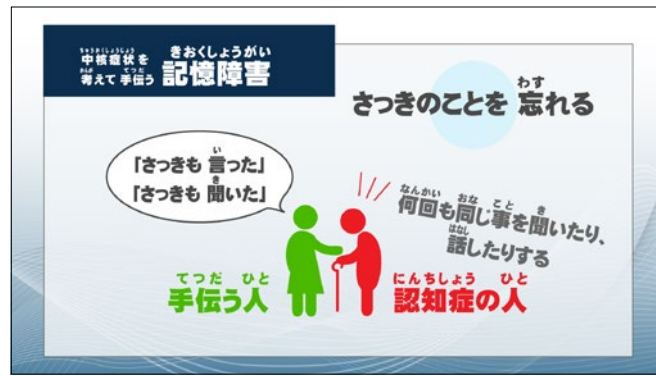


ちゅうかくしょうじょう かんが てつだ 中核 症状 を 考えて 手伝う	Treatment of core symptoms
きおくしょうがい わす おこ [記憶障害] もの忘れを 怒らず、やさしくする	Memory impairment Do not blame the patient for forgetfulness, respond patiently
けんとうしき しょうがい あんしん せいかつ てつだ す [見当識の障害] 安心する 生活に なるように手伝い、住ん でいる 場所を わかりやすくする	Cognitive impairment Create a living rhythm and improve the environment
かんが ちから き ちから ひく ことば つか [考える力や 決める力が 低い] わかりやすい言葉を使 い、困らないようにする	Thought disorder and impaired judgement Simplify information and reduce materials for judgment
じつこうきのう しょうがい ことば [実行機能の 障害] 1つずつ 言葉かけをする	Executive function disorder Convey word by word

Narration

Through the case of Ms. Sasaki, we have learned about the causes of behavioral and psychological symptoms associated with dementia and how to deal with them.

From here, let's learn a little more specifically about how to deal with the core symptoms of dementia.



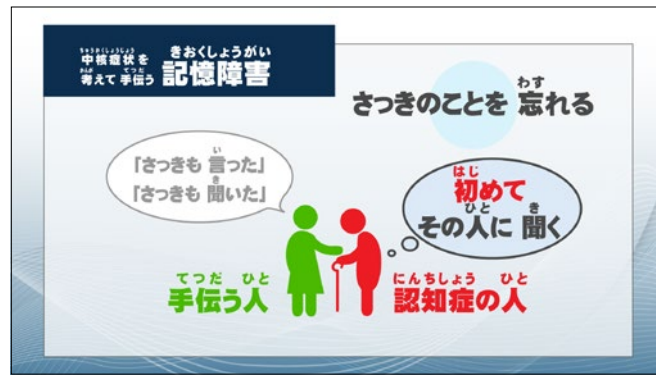
ちゅうかくしょうじょう かんが てつだ きおくしょうがい 中核症状を 考えて 手伝う：記憶障害	Treatment of core symptoms Memory impairment
さっきのことを わす 忘れる	Characterized by the sudden loss of memory
「さっきも 言った」	"You said it earlier"
「さっきも 聞いた」	"You already asked about it"
なんかい おな こと き 何回も 同じことを 聞いたり 話したりする	Asking and talking about the same thing over and over again
てつだ ひと 手伝う人	Caregiver
にんちしょう ひと 認知症の人	People with dementia

Narration

First, let's think about memory impairment.

Memory impairment is characterized by the sudden loss of memory.

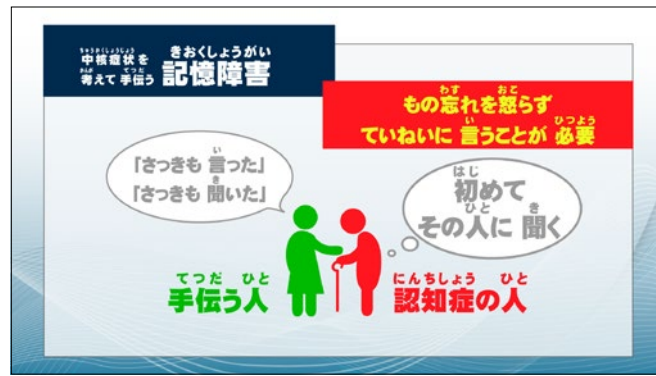
Also, the patient is unaware that they have forgotten, so they will ask and speak the same thing over and over again.



ちゅうかくしょうじょう かんが てつだ きおくしょうがい 中核 症状 を 考えて 手伝う：記憶 障害	Treatment of core symptoms Memory impairment
さっきのことを わす る	Characterized by the sudden loss of memory
「さっきも 言った」	"You said it earlier"
「さっきも 聞いた」	"You already asked about it"
「初めて その人に 聞く」	"I just asked that person for the first time"
てつだ ひと 手伝う人	Caregiver
にんちしょう ひと 認知症の人	People with dementia

Narration

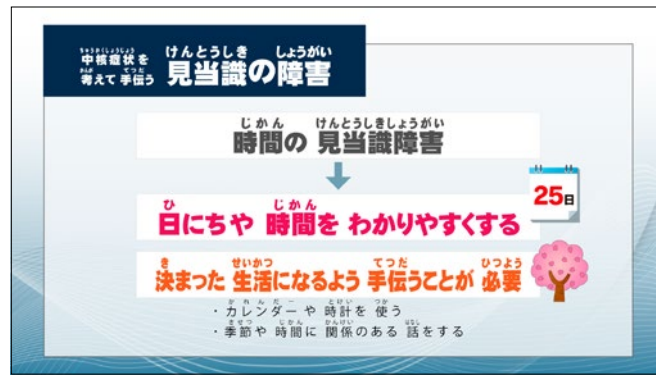
The caregivers may say "You said it earlier" or "You have already asked about it", but for people with dementia, this is the first time they have asked about it. Because people with dementia think that they just asked it for the first time, a response such as "That's why I said it earlier" will hurt them and even affect their relationships with caregivers.



ちゅうかくしょうじょう かんが てつだ きおくしょうがい 中核症状を覚えて手伝う：記憶障害	Treatment of core symptoms Memory impairment
もの忘れを怒らず ていねいに言うことが必要	You should respond patiently and should not blame the patient for forgetfulness
「さっきも言った」	"You said it earlier"
「さっきも聞いた」	"You already asked about it"
「はじめて その人に聞く」	"I just asked that person for the first time"
てつだ ひと 手伝う人	Caregiver
にんちしょう ひと 認知症の人	People with dementia

Narration

Therefore, it is necessary to respond patiently to the patients' forgetfulness, rather than saying "I told you" or "just as before".



ちゅうかくしょうじょう かんが てつだ けんとうしき しょうがい 中核症状を考えると手伝う：見当識の障害	Treatment of core symptoms Cognitive impairment
じかん けんとうしきしょうがい 時間の見当識障害	When time cognitive impairment occurs
ひ じかん 日にちや時間をわかりやすくする	Make the date and time easy to understand
き せいかつ てつだ ひつよう 決まった生活になるよう手伝うことが必要	Create a regular life rhythm
・ くれんだー や とけい を つか ・ カレンダーや時計を使う	- Use a calendar or clock
・ きせつ じかん かんけい はなし ・ 季節や時間に関係のある話をする	- Include the topic of season and time in the conversation

Narration

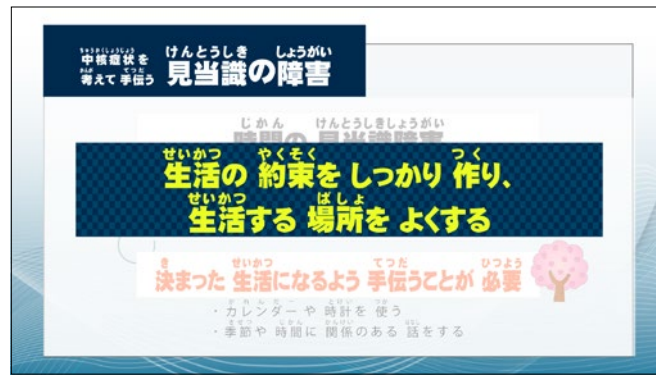
Next, let's think about the treatments for cognitive impairment.

When cognitive impairment of time occurs, the patient is confused the most, so it is necessary to devise ways to make the time easier for them to understand.

It is also necessary to create a regular life rhythm.

To use a calendar or clock, or to include seasonal topics in conversations is effective too.

Another effective method is to include the topic of time in the conversation, such as "Let's have tea because it's almost 3 o'clock".



ちゅうかくしょうじょう かんが てつだ けんとうしき しょうがい 中核症状を 考えて 手伝う：見当識の 障害	Treatment of core symptoms Cognitive impairment
せいかつ やくそく をしっかりと つく、せいかつ する ばしょ をよくする 生活の 約束を しっかりと 作り、生活する 場所を よくする	Create a living rhythm and improve the environment

Narration

We are anxious when we are alone in a strange place.
Similarly, for people with dementia, they are anxious when they don't know where they are.
It will be necessary to take environmentally conscious measures, such as making their living place as easy to understand as possible and putting things that are familiar to them around.



ちゅうかくしょうじょう かんが てつだ かんが ちから き ちから ひく 中核症状を 考えて 手伝う：考える力や 決める力が 低い	Treatment of core symptoms Thought disorder and impaired judgement
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Narration

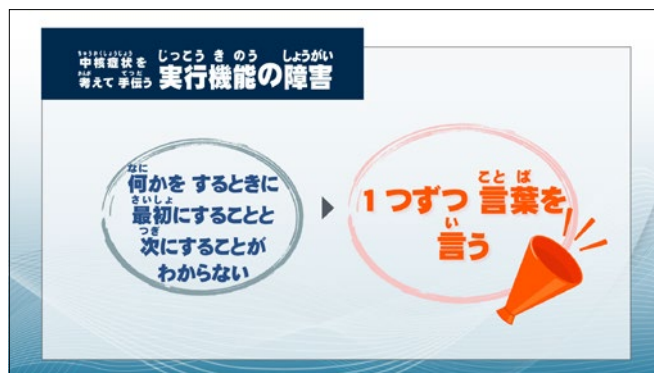
Next, let's think about the treatments for judgment and thinking impairment.
For example, when we try to choose something, it is often thought that the more choices the better it is, but having too many choices makes it difficult to choose.
However, if we have only two or three choices, it will be much easier.
People with dementia are not good at processing a lot of information, which reduces their judgment ability.



ちゅうかくしょうじょう かんが てつだ かんが ちから き ちから ひく 中核症状を考えると手伝わ：考える力や決める力が低い	Treatment of core symptoms Thought disorder and impaired judgement
かんたん ことば かんが かんたん 簡単な言葉にして、考えることを簡単にする	Simplify information and reduce materials for judgment

Narration

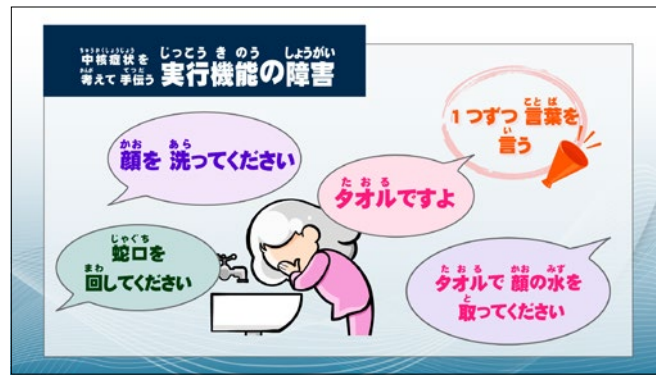
In such a case, it is more effective to ask "Which one is better?" instead of "What is good?"



ちゅうかくしょうじょう かんが てつだ じっこうきのう しょうがい 中核症状を考えると手伝わ：実行機能の障害	Treatment of core symptoms Executive function disorder
なに何かをするときに最初にすることと次にすることがわからない	Inability to understand the procedure of things
1つずつ言葉を言う	Convey word by word

Narration

Let's consider the treatments for executive function disorder. Since executive function disorder makes it difficult for the patient to understand the procedure of things, it is effective to convey the procedure step by step.



ちゅうかくしょうじょう かんが てつだ じっごうきのう しょうがい 中核 症状 を 考えて 手伝う：実行機能の 障害	Treatment of core symptoms Executive function disorder
1つずつ 言葉を 言う	Convey word by word
しゃくち まわ 「蛇口を 回してください」	"Please turn the faucet"
かお あら 「顔を 洗ってください」	"Please wash your face"
た おる 「タオルですよ」	"This is a towel"
た おる かお みず と 「タオルで 顔の水を と取ってください」	"Please wipe your face"

Narration

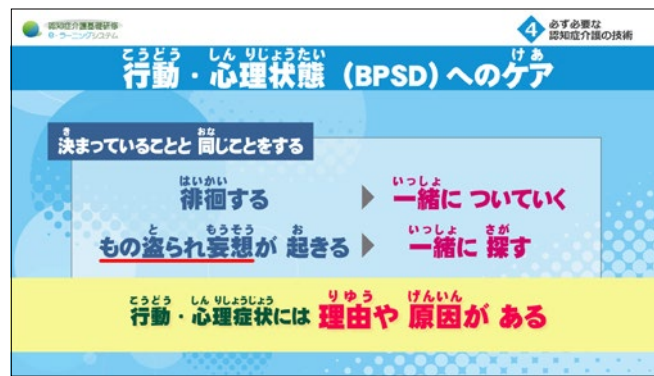
"Please turn the faucet"

"Now, please wash your face"

"This is a towel"

"Please wipe your face"

There are surprisingly many things they can do by being told one by one.



こうどう しんりししょうじょう びーえすでいー けあ 行動・心理症状 (BPSD) へのケア	Treatment to Behavioral and Psychological Symptoms (BPSD)
きままっていることとおなじことをする	Manual measures
はいかい 徘徊する → 一緒についていく	When a patient is wandering Walk with them
もの盗られ妄想が起きる → 一緒に探す	When delusions of things being stolen occur Search with them
こうどう しんりししょうじょう 行動・心理症状には理由や原因がある	It is important to think that there is a cause for behavioral and psychological symptoms to appear.

Narration

Let's think about the treatments for behavioral and psychological symptoms of dementia.

In the care field so far, we have learned only the appearances of behavioral and psychological symptoms and how to deal with them.

For example, if they are wandering, walk with them.

It is a manual measure, such as searching together if a delusion of things being stolen occurs.

However, it is important to think that there is a cause for behavioral and psychological symptoms to appear.

For patients who are thinking they must walk to pick up their children, walking with them may be reassuring for them, but for those who are thinking they are going to work, you cannot use the same one.

Also, for patients who are thinking that they lost something and suspect the staff, even if the staff join them to search for it, the staff still can't be trusted.



ごうどう しんりししょうじょう びーびーえすでいー 行動・心理症状 (B P S D) へのケア	Treatment to Behavioral and Psychological Symptoms (BPSD)
け あ れい はいかい ケアの例 1 : 徘徊	Actual care situation 1 : Wandering
む り と 無理に 止める	Forcibly stop
おこ い き 怒って 言ったことを 聞かない	Repulsion
な ぜ し なぜ 出かけるのかを 知る	Know the patients' purposes
・ どこへ い ・ どこへ 行こうとしているのか	- Where are they going?
・ で り ゆう ・ 出かける 理由	- What is their purpose?

Narration

Let's think about the actual care situation.

For example, suppose a patient is forced to stop when wandering.

For people with dementia, being disturbed in the middle of going somewhere will make them more repulsed.

If you don't know where they are going or their purpose, you won't be able to give them the care they need.

Also, some patients may try to leave if they feel they don't have a place to stay.

At that time, caring methods should focus on adjusting the environment and creating a comfortable place. Symptoms such as restlessness and frustration may be caused by physical discomfort, such as constipation. Also, the delusions of having something stolen may be caused by extreme anxiety.



ごうどう しんりししょうじょう びーえすでいー 行動・心理症状 (BPSD) へのケア	Treatment to Behavioral and Psychological Symptoms (BPSD)
け あ れい と もうそう ケアの例 2 : 物の盗られ妄想	Care situation 2 : Delusion of things being stolen
「○○がない！」	"I can't find my ○○!"
「○○もない！」	"I can't find ○○ either!"
いっしょ さが 「一緒に探す」でよい?	You should "search with them"?
はじめの げんいん な 原因を 無くす	The underlying solution
しんぱい ・心配しないように 手伝う	- Strive to eliminate anxiety

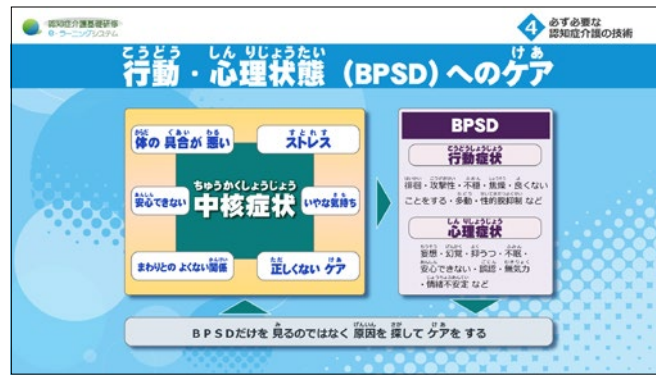
Narration

It is often said that searching together is effective in caring for delusions of having things stolen, but it does not always work.

People with dementia will not be convinced if they look for a missing possession with someone who they suspect of stealing it.

In such cases, it is better for the suspected staff member to keep distance from the patient with dementia or have another person look for it.

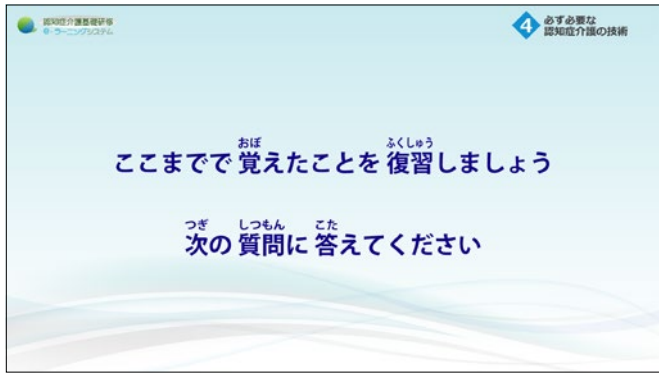
The fundamental solution is to understand that there is a strong sense of anxiety behind the delusion of having things stolen and to try to eliminate that anxiety.



こうどう しんりししょうじょう びーびーえすでいー けあ 行動・心理症状 (BPSD) へのケア	Treatment to Behavioral and Psychological Symptoms (BPSD)
ちゅうかくししょうじょう 中核症状	Core symptoms
からだ くあい わる すとれす あんしん [体の具合が悪い][ストレス][安心できない][いやな きもち][まわりとのよくない関係][正しくないケア]	Bad physical condition Stress Anxiety Discomfort Inappropriate environment Inappropriate care
びーびーえすでいー BPSD	BPSD
こうどうししょうじょう [行動症状]	Behavioral symptoms
はいかい こうげせい ふあん しょうそう よ 徘徊・攻撃性・不穏・焦燥・良くないことをする・多動・ 性的脱抑制 など	Wandering, aggression, restlessness, impatience, inappropriate behavior, hyperactivity, sexual disinhibition, etc.
しんりししょうじょう [心理症状]	Psychological symptoms
もうそう げんかく よく うつつ ふみん あんしん 妄想・幻覚・抑うつ・不眠・安心できない・誤認・ 無気力・情緒不安定 など	Delusion, hallucination, depression, insomnia, anxiety, misidentification, lethargy, emotional instability, etc.
びーびーえすでいー BPSD だけを 見るのではなく 原因を探して ケアをす る	Instead of looking only at BPSD and dealing with it, search for the cause and take action accordingly

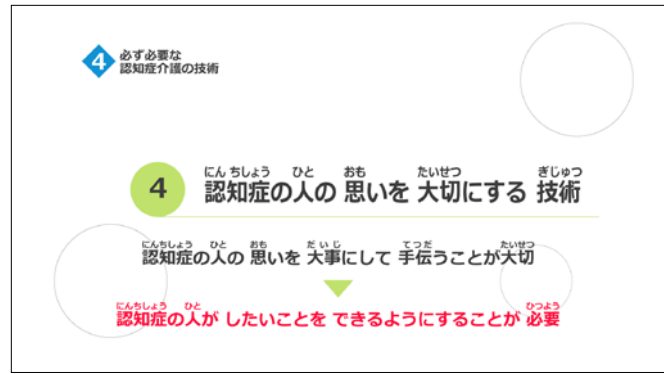
Narration

In this way, let's think about the cause for behavioral and psychological symptoms, and try to respond according to the cause and the purpose of the patient.



ここまででおぼえたことを復習しましょう	Let's review what we have learned so far
つぎの質問に答えてください	Answer the questions on the next page.

4 What is the support method that respects the patient's will? ①



第4章 必ず必要な認知症介護の技術	Chapter 4 Basic Techniques in Dementia Care
④ 認知症の人の 思いを 大切に する 技術	④ What is the support method that respects the patient's will?
認知症の人の 思いを 大事にして 手伝えることが大切	Basically, focus on the person's will such as reason and purpose
認知症の人が したいことを できるように することが 必要	It is necessary to respect the will of the person and provide care accordingly

Narration

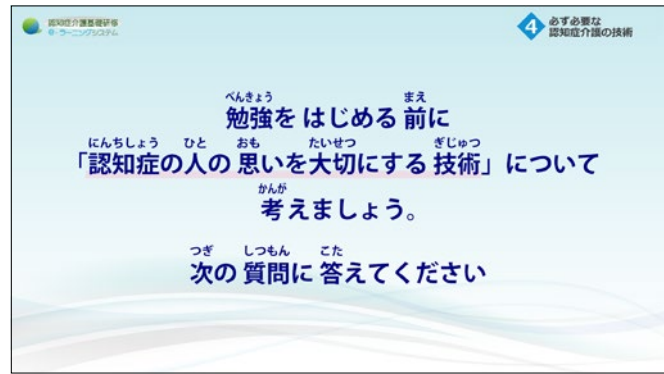
So far, we have learned about specific treatments for core symptoms and behavioral and psychological symptoms.

The most basic thing in dementia care is that there are reasons for each patient's behaviors and psychology, and care is centered on their wills, their reasons, and their purposes.

To do so, it is necessary to respect the will of the patient and provide support accordingly.

How do we do so?

Let's think about ways to respect their wills.



勉強をはじめる前に「認知症の人の 思いを大切に する 技術」について 考えましょう	Before we start, let's think about "Ways to respect the patient's will"
次の 質問に 答えてください。	Answer the questions on the next page.

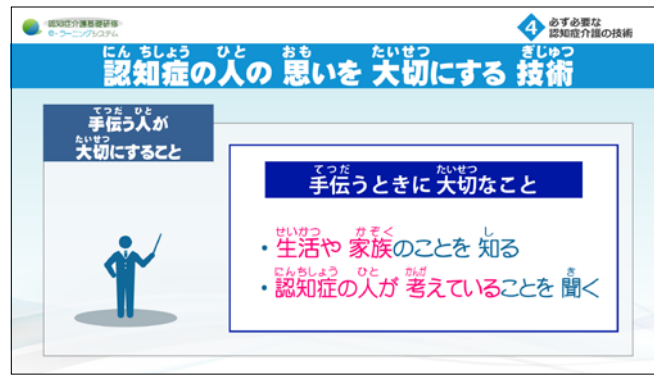
4 What is the support method that respects the patient's will? ②



にんちしょう ひと おも たいせつ ぎじゆつ 認知症の人の 思いを 大切に する 技術	Supporting method that respects the patients' wills
てつだ ひと たいせつ 手伝う人が 大切に すること	Attitude of the supporters
ひつよう 必要	Important points
にんちしょう ひと おも たいせつ ・ 認知症の人の 思いを 大切に する	- Showing an attitude that respects the patients' wills
にんちしょう ひと かんが ・ 認知症の人が 考えていることを はっきり 言いやすく あんしん 安心できる ようにする	- Reassuring attitude so that the patients can easily express their wills

Narration

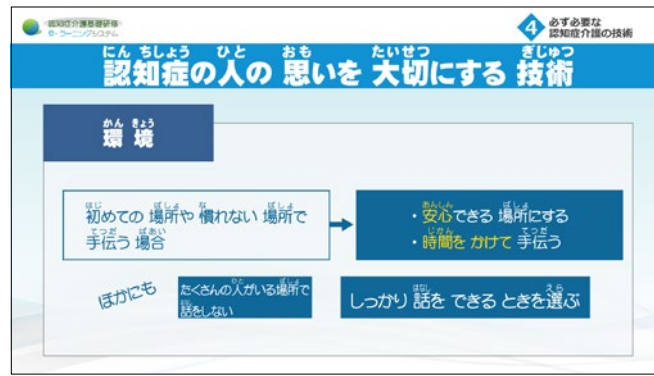
What kind of attitude is required of supporters when providing support that respects a patient's will?
It is necessary to have a reassuring attitude that makes it easy for the patient to express his or her will.



にんちしょう ひと おも たいせつ ぎじゆつ 認知症の人の 思いを 大切にする 技術	Supporting method that respects the patients' wills
てつだ ひと たいせつ 手伝う人が 大切にすること	Attitude of the supporters
てつだ たいせつ 手伝うときに 大切なこと	Points to consider when providing support
・せいかつ かぞく のことを し ・生活や 家族のことを知る	- Understand the patient's life and family relationships
・にんちしょう ひと かんが 考えていることを きく ・認知症の人が 考えていることを 聞く	- Confirm the patient's will each time

Narration

When providing support, it is important to understand life and family relationships, and always understand the intention of the patient.



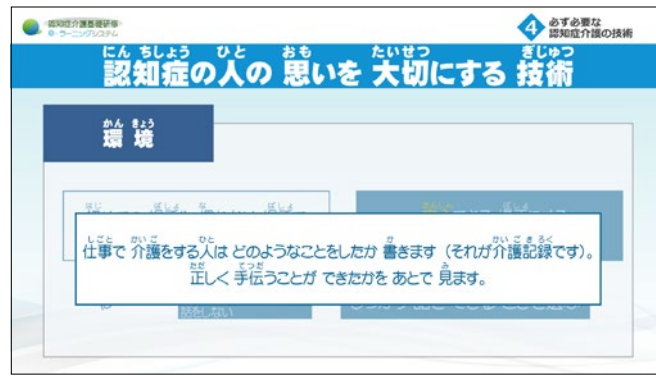
にんちしょう ひと おも たいせつ ぎじゆつ 認知症の人の 思いを 大切にする 技術	Supporting method that respects the patients' wills
かんきよう 環境	Environment
はじ ばしょ な ばしょ てつだ ばあい 初めての 場所や 慣れない 場所で 手伝う 場合	Providing support in an unfamiliar place
・あんしん ばしょ ・安心できる 場所にする	- Consider to create a safe environment
・じかん を かけて てつだ ・時間を かけて 手伝う	- Spend more time to care
ほかにも	Besides
たくさん ひと いる ばしょ はなし たくさん の 人 が いる 場所 で 話 を し な い	Do not be in a place with a large number of people around
しっかり はなし できる とき を えら しっかり 話 を できる とき を 選ぶ	Choose a time when a patient can focus

Narration

It is necessary to prepare an appropriate care environment.

If you provide support in an unfamiliar place that the patient is not used to, you need to spend sufficient time to turn it into a safe one.

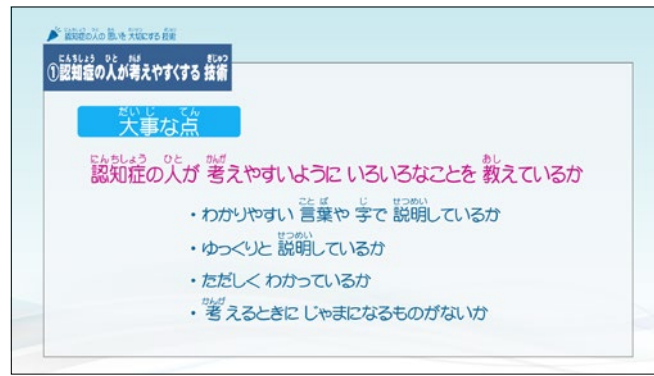
Also, avoid intimidating experiences when the patient is surrounded by a large number of people or when the patient is tired, and choose a good time when the patient can focus.



にんちしょう ひと おも たいせつ ぎじゆつ 認知症の人の 思いを 大切にする 技術	Supporting method that respects the patients' wills
かんきょう 環境	Environment
しごと かいご ひと ひと こと したか か 仕事で 介護をする人は どのようなことをしたか 書きます (それが介護記録です)。正しく 手伝えることが できたかを あとで 見ます。	Be a professional caregiver and record the process, review and verify that care has been adequately provided

Narration

And caregivers need to keep a record of these processes so they can be reviewed and verified at all times.



にんちしょう ひと おも たいせつ ぎじゅつ 認知症の人の 思いを 大切にする 技術	Supporting method that respects the patients' wills
① にんちしょう ひと かんが ぎじゅつ ① 認知症の人が考えやすくなる 技術	① Intention formation support
だいじ てん 大事な点	Confirmation points
にんちしょう ひと かんが おし 認知症の人が 考えやすいように いろいろなことを 教え ているか	Is the information needed to form a will explained?
・ わかりやすい 言葉や 字で 説明しているか	- Is it explained in easy-to-understand words or in writing?
・ ゆっくりと 説明しているか	- Is it explained slowly so that it can be understood?
・ ただしく わかっているか	- Are there any mistakes in the way the person understands facts?
かんが ・ 考えるときに じゃまになるものがないか	- Are there any environments that hinder the voluntary formation of will?

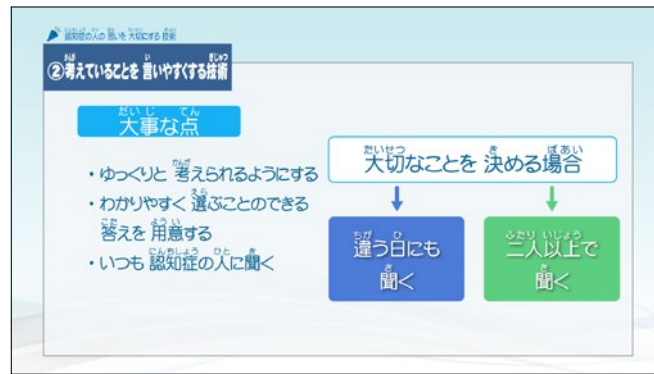
Narration

So, what can we do to specifically support patients to make decisions?

First of all, we need to help them form their wills.

The point is to provide the patients with necessary and sufficient information to form their wills. It is important that the words are easy to understand, or the information is provided in writing so that the patient can check multiple times.

Also, if using spoken language, it is important to repeatedly make sure the explanation is slow so that it can be understood, and after the explanation, whether the information that the patient understands is correct.



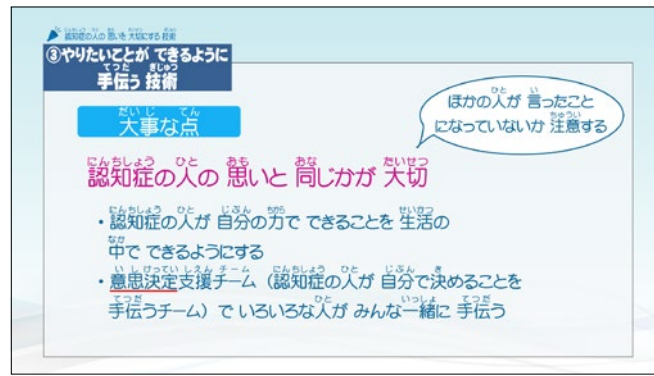
認知症の人の 思いを 大切に作る 技術	Supporting method that respects the patients' wills
② 考えていることを 言いやすくする技術	② Intention expression support
大事な点	Confirmation points
安心できる 場所を作る	Environmental improvement
・ ゆっくりと 考えられるようにする	- Do not rush
・ わかりやすく 選ぶことのできる 答えを用意する	- Present easy-to-understand options
・ いつも 認知症の人に聞く	- Confirm each time
大切なことを 決める場合	For important decisions
違う日にも 聞く	Check from time to time
二人以上で 聞く	Check with multiple supporters

Narration

Second, we need to help them express their wills.

First of all, it is necessary to prepare an environment where they can feel at ease without being unsettled, and while showing easy-to-understand options, it is necessary to confirm their wills each time.

In particular, it is necessary to confirm important options regarding social life for the patient, such as repeating choices after a while or performing them with multiple supporters.



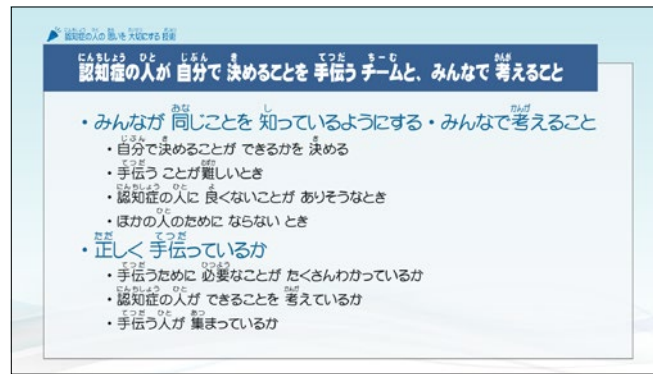
認知症の人の思いを大切に する 技術	Supporting method that respects the patients' wills
③ やりたいとができるように 手伝う 技術	③ Intention realization support
大事な点	Confirmation points
認知症の人の思いと同じかが 大切	It is important that they are in line with their wills
ほかの人が 言ったことになっていないか 注意する	"Be careful to keep them not to be swept away by the others' opinions"
・ 認知症の人が 自分ので できることを 生活の 中で できるようにする	- Make the most of their abilities and realize their wills in their daily lives and social lives
・ 意思決定支援チーム（認知症の人が 自分で決めることを 手伝うチーム）で いろいろな人が みんな一緒に 手伝う	- The decision-making support team, in multiple occupations, collaborates to reflect the patients' wills

Narration

Finally, we need to help the patient realize their expressed wills.

At this time, it is important that they are in line with their intentions. Please be careful to keep them from being swept away by the opinions of others.

To that end, it is necessary for the team to work together to support them so that they can make the most of their abilities and realize their wills in their daily lives and social lives.



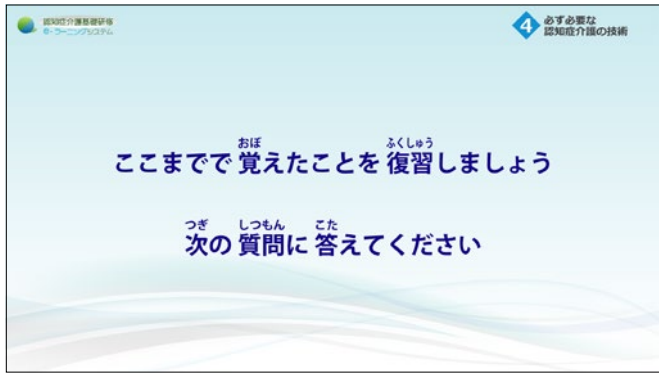
認知症の人の 思いを 大切に する 技術	Supporting method that respects the patients' wills
認知症の人が 自分で決めることを 手伝える チームと、みんな で考えること	Decision-making support team and the support meeting
みんなが 同じことを 知っているようにする・みんな で考 えること	- Information sharing and joint consideration by teams
・ 自分で決めることが できるかを 決める	- Judgment of decision-making ability
・ 手伝える ことが 難しいとき	- Raise difficulties or doubts about the support method if any
・ 認知症の人に 良くないことが ありそうとき	- Raise awareness when there is a significant impact to the patient and cannot be overlooked
・ ほかの人のために ならない とき	- Raise awareness when there is a risk of conflict with the interests of others when reflecting the will of the patient
ただ 正しく 手伝っているか	- Check if the support process is properly followed
・ 手伝えるために 必要なことが たくさんわかっているか	- Is sufficient information and records to be used as a reference for support collected?
・ 認知症の人が できることを 考えているか	- Is the support appropriate based on the patient's ability?
・ 手伝える人が 集まっているか	- Does the support team include appropriate members?

Narration

In order for decision-making support to be carried out smoothly, it is necessary for the supporting team to share and discuss information while holding a decision-making support meeting.

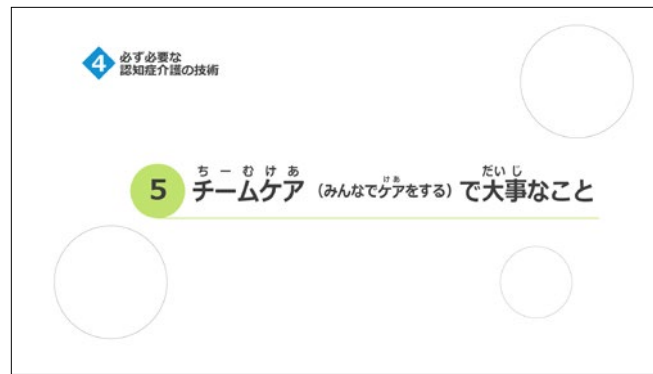
For example, if there is a problem or doubt in the support method, the team should repeatedly check for issues, or if there is a significant impact to the patient and cannot be overlooked, the team should carefully check the implementation process.

In addition, support should be provided while making sure the support process is properly taken into consideration, for example, whether enough information and records that can be used as reference for support are collected, or whether the support team includes appropriate participants.



ここまででおぼえたことを復習しましょう	Let's review what we have learned so far
次の質問に答えてください	Answer the questions on the next page.

5 Fundamentals of team care



第4章 必ず必要な認知症介護の技術	Chapter 4 Basic Techniques in Dementia Care
⑤ チームケア (みんなでケアをする) で大事なこと	⑤ Fundamentals of team care

Narration

Dementia care needs to be performed by a team, not only in facilities and offices, but also in home care. In this section, let's learn about the fundamentals of team care for dementia.



ケアのために みんなで知る必要があること	Information needed to share for team care
認知症の人へのチームケア	Team care for people with dementia
チーム	Team

Narration

When it comes to dementia care, it is important to work as a team.



ケアのために みんなで 知る 必要があること	Information needed to share for team care
誰か一人の 高い技術	Excellent personal technique
誰か一人の 豊富な経験	Abundant personal experience
≠ チームが上手にケアをする	Smooth functioning as a team

Narration

Even if an individual's skill is excellent, if that person cannot perform care for some reason, the whole team will not perform the work well.

Even veterans can fail, and even a newbie can make a good shot.



ケアのために みんなで 知る 必要があること	Information needed to share for team care
みなで 同じことを知るために	Information sharing
なぜ うまくできたのかや なぜ 失敗したのかを みんなで 考えることが大切	It's important to share and think together about why the care worked or why it doesn't
[技術][経験][知っていること][新しい人][慣れていない人]	Skill Experience Knowledge Juniors Seniors

Narration

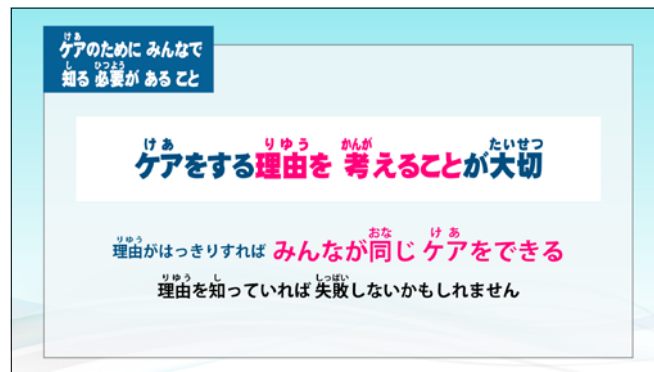
It is important to share and think together about why the care works or why it doesn't.



ケアのために みんなで 知る 必要が ある こと	Information needed to share for team care
ケアしたことを 書くこと が 大切	Importance of recording care content
うまくできたケアや うまくできなかった ケアを 書く 原因や 理由を チームで 考えることが 必要	It is necessary to record the care that actually works and which doesn't, and consider the reason respectively as a team.

Narration

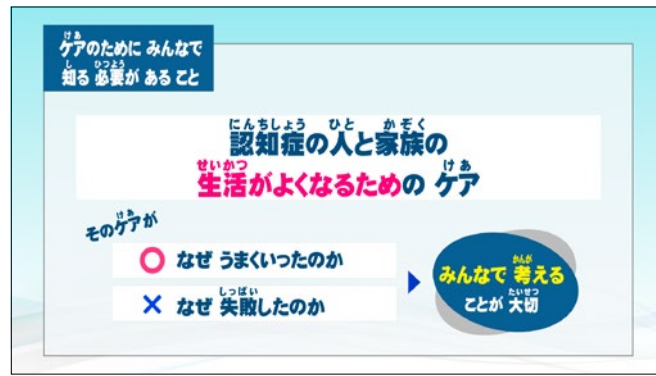
To do this, it is necessary to record the care that actually works and which doesn't, and to think about the reason as a team.



ケアのために みんなで 知る 必要が ある こと	Information needed to share for team care
ケアをする理由を 考えることが大切	The importance of thinking about the basis of the care content
理由が はっきりすれば みんなが同じ ケアをできる	If the rationale is clear, common care can be performed
理由を 知っていれば 失敗しないかもしれません	We can reduce failure with enough information?

Narration

And if the rationale is clear, common care can be performed.
We can reduce failure with enough information.



ケアのために みんなで知る必要があること	Information needed to share for team care
認知症の人と家族の生活がよくなるためのケア	Care aimed at improving the quality of life for people with dementia and their families
そのケアが ○ なぜうまくできたのか	Why the care works
× なぜ失敗したのか	Why it doesn't
みんなで考えることが大切	It is important to share and think about it together

Narration

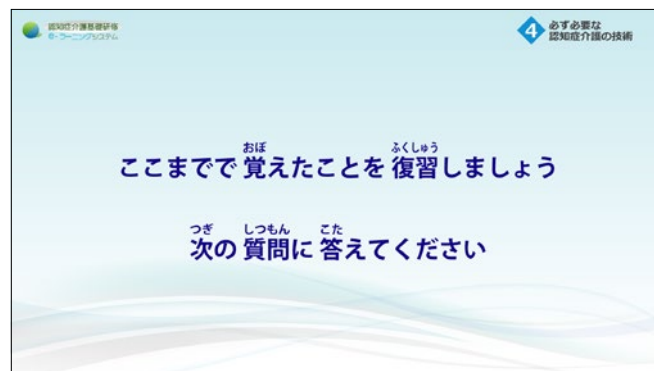
Team care will not work unless you share information about dementia care.
 However, it is important to share information and think about why the care works or why it doesn't.



ケアのために みんなで知る必要があること	Information needed to share for team care
認知症の人の チームケア	Team care for people with dementia
みんなで考えることの大切さ	The importance of sharing information
したことを書くことが大切	Importance of recording care content
ケアをする理由を考える	The importance of thinking about the basis of the care content
認知症の人と家族の生活がよくなるためのケア	Care aimed at improving the quality of life of people with dementia and family caregivers
みんなで考える	Information sharing

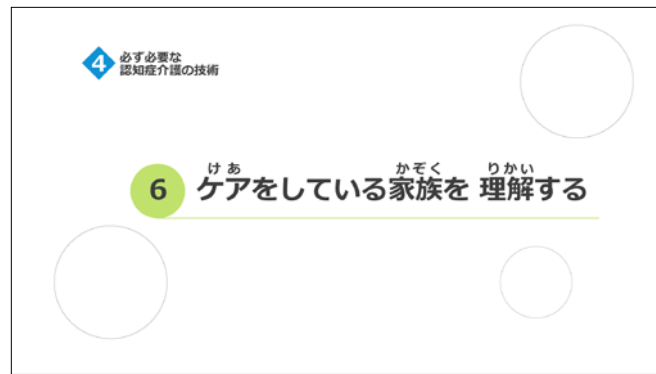
Narration

Dementia care is not a skill that can only be done with sufficient training over the years. If you can properly record the content of care and think clearly about the rationale, you will be able to share that information with the whole team. The goal of dementia care is to improve the quality of life for people with dementia and their families.



ここまでで覚えたことを復習しましょう	Let's review what we have learned so far
次の質問に答えてください	Answer the questions on the next page.

6 Understanding and support methods for family caregivers ①



第4章 必ず必要な認知症介護の技術	Chapter 4 Basic Techniques in Dementia Care
⑥ ケアをしている家族を理解する	⑥ Understanding of family caregivers

Narration

In order for people with dementia to have a safe life, it is also important to support the family members who are giving care for them.
 In this section, let's learn about a situation and the support of family caregivers who are taking care of people with dementia.



例 ケアする人が困ったこと	Case study Problems of caregivers
Fさん/86歳/男性	Mr. F, 86 years old, male
・妻のAさんと二人で生活しています	He lives with his wife, Ms. A
・Aさんのもの忘れが増えたことを心配しています	He's worried that Ms. A's forgetfulness has increased

Narration

First, let's look at the case of Mr. F who takes care of his wife.
 Mr. F lives with his wife, Ms. A.
 The husband, Mr. F, has long been worried that Ms. A's forgetfulness has increased.



例 ケアする人が困ったこと	Case study Problems of caregivers
Aさんが何回も同じことを聞くので怒ることが増えた	He gets asked the same thing over and over, and starts yelling at her
「今日は月曜日?火曜日?」 「月曜日だよ」	"What day is it today?" "It's Monday"



例 ケアする人が困ったこと	Case study Problems of caregivers
Aさんが何回も同じことを聞くので怒ることが増えた	He gets asked the same thing over and over, and starts yelling at her
「今日は月曜日?火曜日?」 「今日は月曜日?火曜日?」	"What day is it today?" "What day is it today?"
「月曜日だっていったでしょ!」	"I said it is Monday!"

Narration

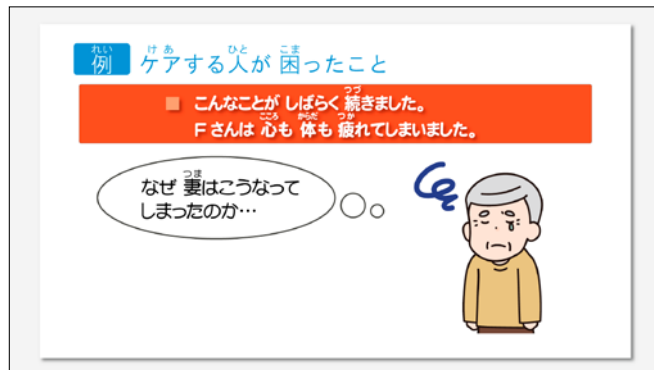
Recently, she's been asking the same thing over and over again, and at first, he answers gently, but soon, he gets tired and often yells at her.



例 ケアする人が困ったこと	Case study Problems of caregivers
<p>Aさんが急に家から出てしまい帰ってくる事ができなくなった。 警察に迎えに行った。</p>	Ms. A suddenly went out and did not return, her husband had to go to the police to pick her up

Narration

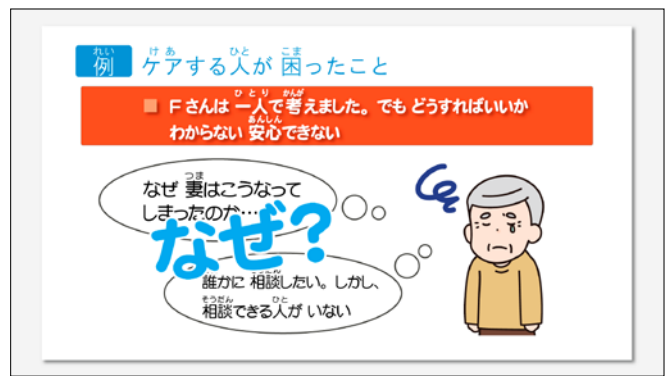
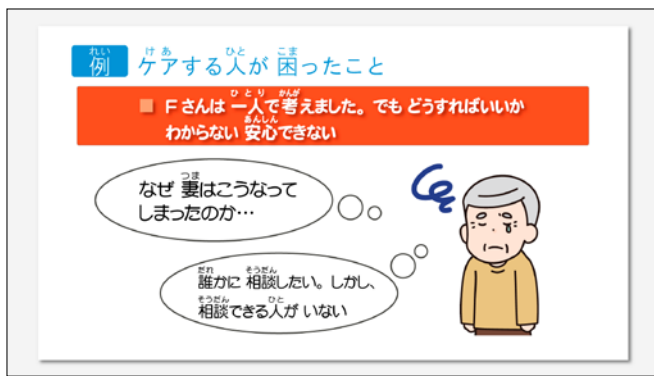
Another day, Ms. A suddenly went out and did not return, and her husband had to go to the police to pick her up.



例 ケアする人が困ったこと	Case study Problems of caregivers
<p>こんなことがしばらく続きました。 Fさんは心も体も疲れてしまいました。</p>	The situation continued for a while and he was tired both physically and mentally.
「なぜ妻はこうなってしまったのか…」	"Why did my wife become like this ..."

Narration

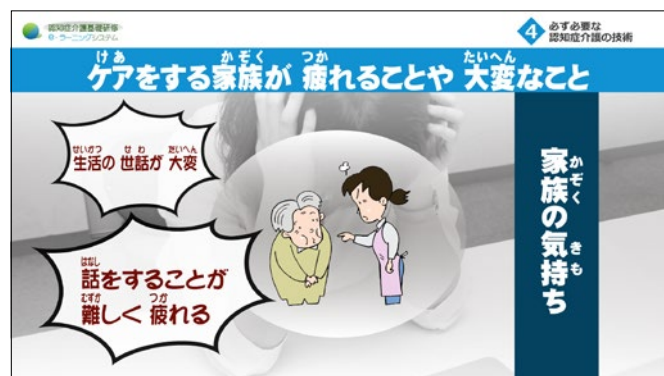
This kind of thing happened frequently and he had tried to keep an eye on Ms. A, but the situation continued for a while, making him tired mentally and physically, causing him to lose his appetite and resulting in serious weight loss.



例 ケアする人が 困ったこと	Case study Problems of caregivers
Fさんは一人で考えました。でも どうすればいいかわからない 安心できない	He thought about it on his own, he couldn't help but feel deeply uneasy about the future
「なぜ妻はこうなってしまったのか…」	"Why did my wife become like this ..."
「誰かに相談したい。しかし、相談できる人がいない」	"I want to talk to someone ..."
なぜ？	What is happening?

Narration

There was no one near him to talk about the reason why his wife had become like this, and when he thought about it on his own, he couldn't help but feel deeply uneasy about the future. What is happening to Mr. F?



ケアをする家族が 疲れることや 大変なこと	Family caregivers' stress and burden
家族の 気持ち	Family caregivers' psychology
生活の 世話が 大変	"It's hard to take care of people with dementia"
話をすることが 難しく 疲れる	"Stress due to difficulty in communication"

Narration

First, let's learn about the psychology of family caregivers. Not only is it difficult to take care of people with dementia, but it is also stressful to communicate when they ask the same thing repeatedly and the caregivers have to say the same thing over and over again.



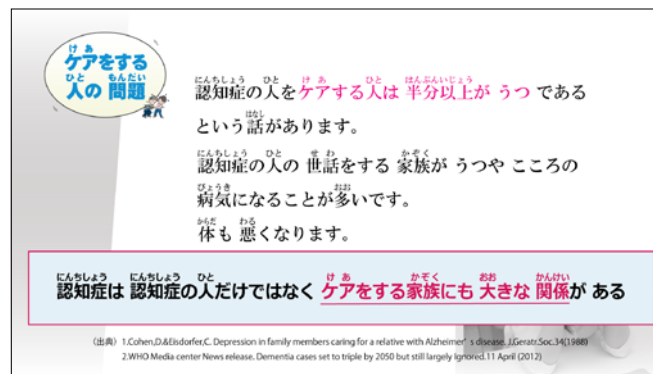
けあ かぞく つか たいへん ケアをする家族が 疲れることや 大変なこと	Family caregivers' stress and burden
せいかつ せ わ たいへん 生活の 世話が 大変	"It's hard to take care of people with dementia"
はなし むづか つか 話をすることが 難しく 疲れる	"Stress due to difficulty in communication"
しょうらい 将来 どうなるか わからなくて 心配	"Anxiety about the future"
しんぱい 心配で ずっと見ていなければいけない	"Cannot take eyes off"
けあ かぞく からだ しんぱい ケアをする家族の 体が 心配	"Caregiver's own health concerns"

Narration

They may also be worried about not knowing what kind of disease dementia is or the course of symptoms.

When a person with dementia has a relatively independent physical function, the caregivers not only have to care for their surroundings but also keep an eye on them frequently.

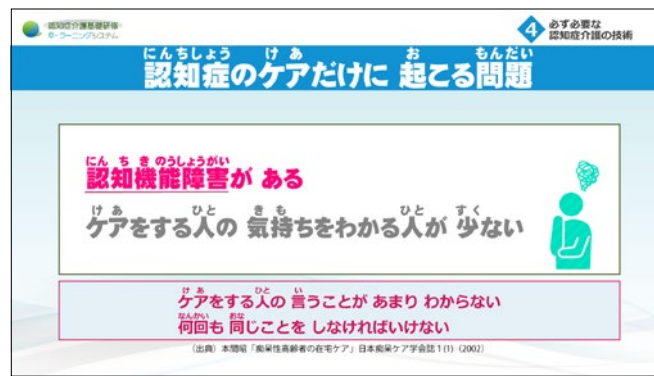
In addition, older family members may have health concerns themselves.



ケアをする人の問題	Problems for caregivers
認知症の人をケアする人は半分以上がうつであるという話があります。	It has been reported that more than half of family caregivers of elderly people with dementia have depression.
認知症の人の世話をする家族がうつやこころの病気になることが多いです。体も悪くなります。	Family members who care for people with dementia tend to have psychological symptoms such as depression and anxiety, and are physically unhealthy.
認知症は認知症の人だけではなくケアをする家族にも大きな関係がある	Dementia has a great impact not only on the person but also on the caregiver.
<p>(出典) 1. Cohen,D.&Eisdorfer,C.Depression in family members caring for a relative with Alzheimer's disease.J.Geriatr.Soc.34(1988)</p> <p>2. WHO Media center News release.Dementia cases set to triple by 2050 but still largely ignored.11 April(2012)</p>	<p>(Source) 1. Cohen,D.&Eisdorfer,C.Depression in family members caring for a relative with Alzheimer's disease. J.Geriatr.Soc.34(1988)</p> <p>2. WHO Media center News release.Dementia cases set to triple by 2050 but still largely ignored.11 April(2012)</p>

Narration

It has been reported that in the midst of such stress and long-term care burden, depression is observed in more than half of the family members who care for people with dementia. In addition, family members who care for people with dementia tend to have psychological symptoms such as depression and anxiety, and their physical health is affected too. In this way, dementia has a great impact not only on the patient but also on the caregiver.



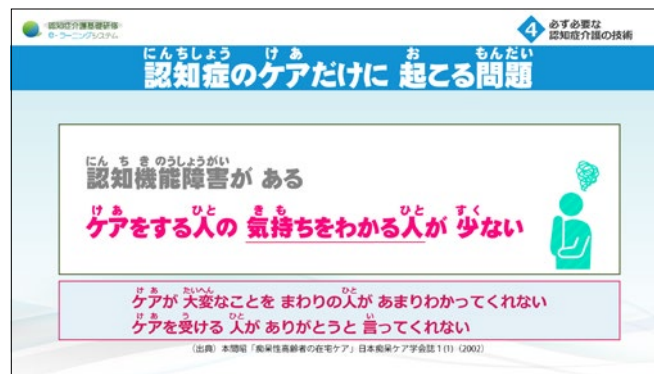
にんちしょう けあ お もんだい 認知症のケアだけに起こる問題	Problems peculiar to dementia care
にんちきょうしょうがい 認知機能障害がある	Elderly people with dementia have cognitive dysfunction
けあ ひと きも ひと ずく ケアをする人の気持ちをわかる人が少ない	There is little mental motivation for long-term care
けあ ひと い ケアをする人の言うことがあまりわからない なんかい おな 何回も同じことをしなければいけない	It's hard for the person with dementia to understand what the caregiver is saying, and the carer has to repeat the same thing over and over again

Narration

It is impossible to compare what kind of disease is more difficult to care for, but it is also true that dementia care has its own problems.

One is that people with dementia have cognitive dysfunction.

The problem is that they don't understand what the caregivers are talking about and have to repeat the same thing over and over again.



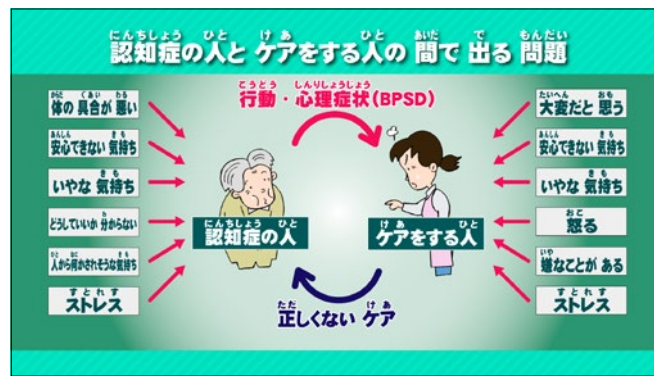
にんちしょう けあ お ちんだい 認知症のケアだけに起こる問題	Problems peculiar to dementia care
にんちき の うしやうがい 認知機能障害がある	Elderly people with dementia have cognitive dysfunction
けあ ひと きも ひと ずく ケアをする人の気持ちをわかる人が少ない	There is little mental motivation for long-term care
けあ たいへん ケアが大変なことをまわりの人があまりわかってくれない けあ うける ひと ケアを受ける人がありがとうと言ってくれない	It is difficult for people around to understand the difficulty of long-term care, and the caregivers cannot expect words of gratitude from the person receiving the care.

Narration

The other is one that there is less mental motivation for long-term care.

The problem is that it is hard for people who have not experienced the issues to understand the difficulty of long-term care, and the caregivers cannot expect words of gratitude from the person receiving the care.

As a result, family caregivers are often exhausted, depressed, and suffering from deteriorated mental health themselves.



認知症の人とケアをする人の間で出る問題	A virtuous cycle between people with dementia and caregivers
[体の具合が悪い][安心できない気持ち][いやな気持ち][どうしていいかわからない][人から何かされそうな気持ち][ストレス]	Bad physical condition Anxiety Discomfort Confusion Feelings of threat Stress
行動・心理症状 (BPSD)	Behavioral and psychological symptoms of dementia (BPSD)
認知症の人	People with dementia
ケアをする人	Caregiver
ただ正しくないケア	Inappropriate care
[大変だと思う][安心できない気持ち][いやな気持ち][怒る][嫌なことがある][ストレス]	Feeling of burden Anxiety Discomfort Frustration Dissatisfaction Stress

Narration

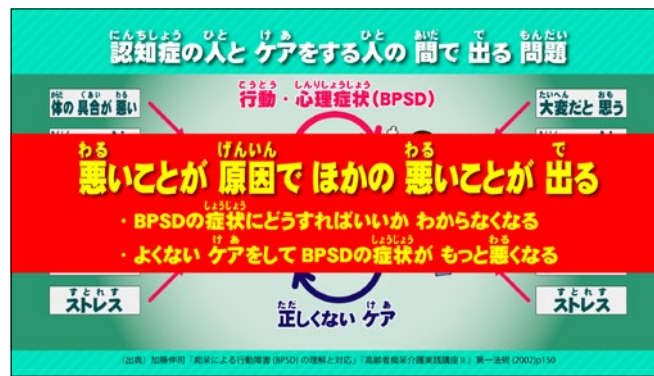
There are also problems that arise from the relationship between people with dementia and their caregivers.

People with dementia develop behavioral and psychological symptoms due to physical disorders, anxiety, discomfort, and stress in addition to the core symptoms.

Behavioral and psychological symptoms are more burdensome and stressful for caregivers than the core symptoms.

As a result, family caregivers will be more likely to provide inappropriate care.

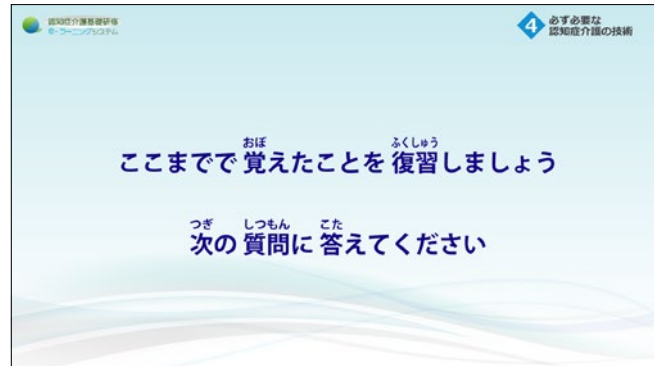
Inappropriate care is also stressful for people with dementia.



にんちしょう ひと ケア ひと あいだ で もんだい 認知症の人と ケアをする人の 間で 出る 問題	A virtuous cycle between people with dementia and caregivers
わるいことが げんいん で ほかの わるいことが 出る 悪いことが 原因で ほかの 悪いことが 出る	Virtuous Circle
びーえすでいー しょうじょう ・ B P S D の 症状 に どうすれば いいか わからなくなる	- The appearance of BPSD confuses caregivers
よくない ケア を して B P S D の 症状 が もっと 悪くなる	- BPSD worsens due to improper care

Narration

The more stressed the people with dementia are, the worse the behavioral and psychological symptoms, which lead to the increase of long-term care burden. It is a vicious cycle.
 In order to break the cycle, not only care for people with dementia but also care for the family members who take care of them is important.



ここまでで 覚えたことを 復習しましょう	Let's review what we have learned so far
次の 質問に 答えてください	Answer the questions on the next page.

6 Understanding and support methods for family caregivers ②



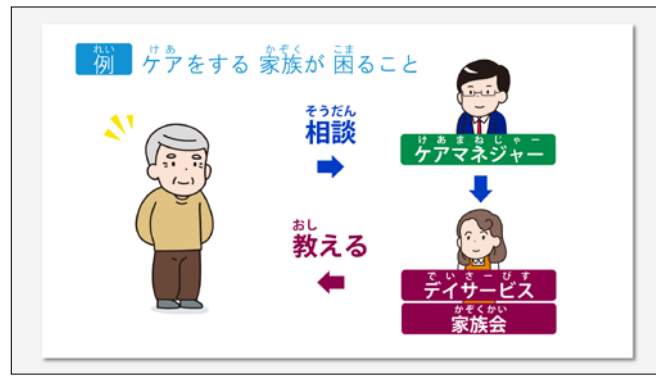
例 ケアをする家族が困ること	Case study Problems of caregivers
相談	Consultation
ケアマネジャー	<u>Care manager</u>

Narration

After that, when Mr. F first contacted the city hall, he was introduced to the care manager.

Glossary

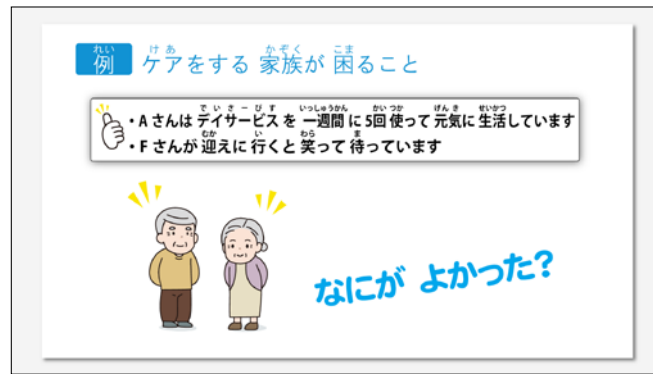
Care manager : A care manager is a professional who coordinates care and services and plans care for those who need it.



例 ケアをする家族が 困ること	Case study Problems of caregivers
相談	Consultation
「ケアマネジャー」	Care manager
教える	Advice
「デイサービス」 「家族会」	Day service Family association

Narration

Then, he was introduced to the day service, and by talking to the day service staff and family association members, listening to them, and receiving advices, he gradually formed his own way of thinking. His son and daughter who live in the neighboring prefectures also joined in to help.



例 ケアをする家族が困ること	Case study Problems of caregivers
・Aさんはデイサービスを週間に5回使って元気に生活しています	Ms. A uses the day service 5 times a week and is doing well
・Fさんが迎えに行くと笑って待っています	When he goes to pick her up, she's waiting with a smile
何がよかった?	What had helped?

Narration

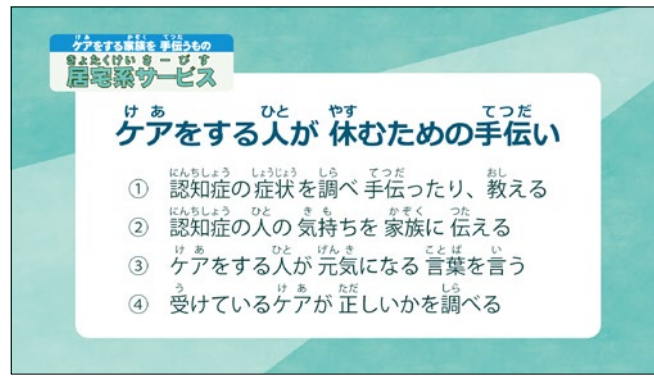
And although Ms. A is finding it harder to talk and can't take care of herself, she is still doing well thanks to the use of day service five times a week. When her husband went to pick her up, she smiled happily saying "Hone-y". Mr. F got pumped for that.
 What had helped Mr. F?



けあ かぞく てつだ ケアをする家族を手伝うもの	Support methods for family caregivers
きょたくけいさーびす 居宅系サービス	Home-based service
けあ ひと やす てつだ ケアをする人が 休むための手伝い	Service to reduce the burden of long-term care
にゅうしょけいさーびす 入所系サービス	Stay-in service
かぞく あんしん かんけい つく 家族が安心できる よい関係を 作るためのもの	Service to reduce the feeling of guilt and anxiety of the family and build trust relationships

Narration

Now let's learn about how we can support family caregivers.
 First, let's talk about the case of home-based services.



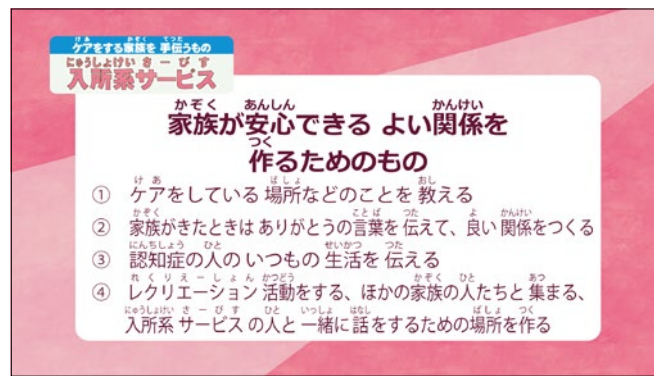
ケアをする家族を手伝うもの	Support methods for family caregivers
居宅系サービス	Home-based service
ケアをする人が休むための手伝い	Service to reduce the burden of long-term care
① 認知症の症状を調べ手伝ったり、教える	① Evaluate and advise on dementia symptoms and long-term care methods
② 認知症の人の気持ちを家族に伝える	② Speak for the people with dementia
③ ケアをする人が元気になる言葉を言う	③ Send words of gratitude daily to caregivers
④ 受けているケアが正しいかを調べる	④ Evaluate whether the service is appropriate in the current situation

Narration

Employees of home-based service offices have the role of supporting home-based long-term care and reducing the burden of providing care for family members.

There are various ways to support family caregivers, for example, assessing the symptoms of dementia, giving advice on care methods, thinking from the position of the people with dementia and communicating their thoughts to the family, giving words of gratitude daily to caregivers and evaluating whether the service is appropriate in the current situation.

We also need to employ the perspective of community support by making use of social resources such as volunteers.



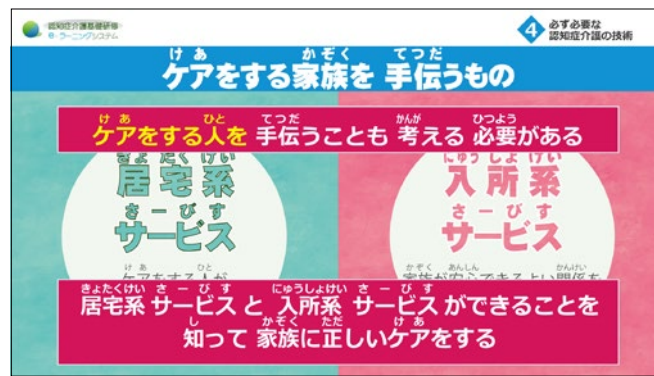
ケアをする家族を手伝うもの	Support methods for family caregivers
入所系サービス	Stay-in service
家族が安心できる よい関係を 作るためのもの	Service to reduce the feeling of guilt and anxiety of the family and build trust relationships
① ケアをしている 場所などのことを 教える	① Provide information on the facilities
② 家族がきたときは ありがとうの言葉を 伝えて、良い関係を つくる	② Express gratitude for the visit to build relationship
③ 認知症の人の いつもの生活を 伝える	③ Inform families of the current situations and daily situations
④ レクリエーション活動を する、ほかの家族の人たちと 集まる、入所系サービスの 人と一緒に 話を するための 場所 を作る	④ Create opportunities to for families interact with staff at events and family meetings

Narration

Next, let's talk about stay-in (residential) services.

Employees of stay-in services such as special nursing homes for the elderly and group homes can reduce the feeling of guilt for choosing to enter a facility of the family members, and reduce the anxiety about whether or not the patient will receive good care. It also has the role of building a relationship of trust in providing long-term care.

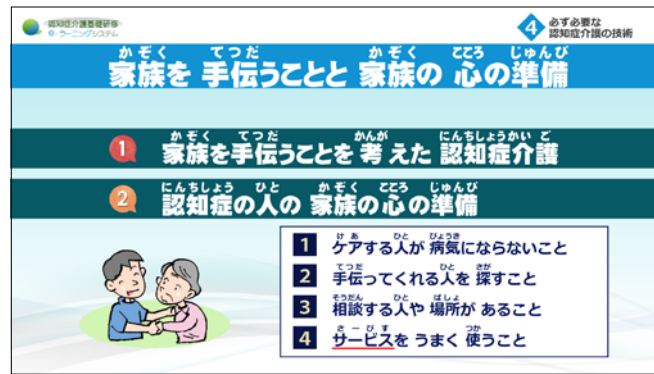
Specific support methods include providing information on the facilities, expressing gratitude for the visit to build relationships, communicating the current situation and daily situation, and holding events and family meetings with staff to create opportunities to interact with each other.



けあ かぞく てつだ ケアをする家族を手伝うもの	Support methods for family caregivers
けあ ひと てつだ かんが ひつよう ケアをする人を手伝うことも考える必要がある	It is necessary to consider the care of caregivers at the same time
きょたくけい さーびす 居宅系サービス	Home-based service
けあ ひと やす てつだ ケアをする人が休むための手伝い	Service to reduce the burden of long-term care
にゅうしょけい さーびす 入所系サービス	Stay-in service
かぞく あんしん かんけい つく 家族が安心できる よい関係を 作るためのもの	Service to reduce the feeling of guilt and anxiety of the family and build trust relationships
きょたくけい さーびす にゅうしょけい さーびす 居宅系サービスと 入所系サービスができることを 知って かぞく ただ けあ 家族に正しいケアをする	Recognize each role and strive for appropriate family care

Narration

In this way, in the care of dementia, it is necessary to consider the care of caregivers at the same time. It is important to recognize each role and strive for appropriate family care.



家族を手伝うことと 家族の心の準備	Family support and family perspective
① 家族を手伝うことを考えた 認知症介護	① Perspective of dementia care including family support
② 認知症の人の 家族の心の準備	② Perspective of families with older people who have dementia
① ケアする人が 病気になること	1. The caregiver needs to be healthy
② 手伝ってくれる人を 探すこと	2. Finding someone to help
③ 相談する人や 場所があること	3. There must be a person or place to consult
④ サービスを うまく 使うこと	4. Effective use of the service

Narration

When considering dementia care, it is necessary for supporters who provide home-based support to have a dementia care perspective, including support for family caregivers.

In addition to direct support for the family, it is also necessary to educate family members to understand what they need to do.

It is important for family members to understand the following four points when providing care at home.



にんちしょう ひと かぞく こころ じゅんび 認知症の人の 家族の心の準備	Perspective of families with people with dementia
① ケアする人が病気になること	1. The caregiver needs to be healthy
かぞく びょうき やす 家族が病気などで休まなければいけない	If family members get sick and need medical treatment
→ にんちしょう ひと かぞく りょうほう こま → 認知症の人も 家族も 両方 困る	The whole family may collapse

Narration

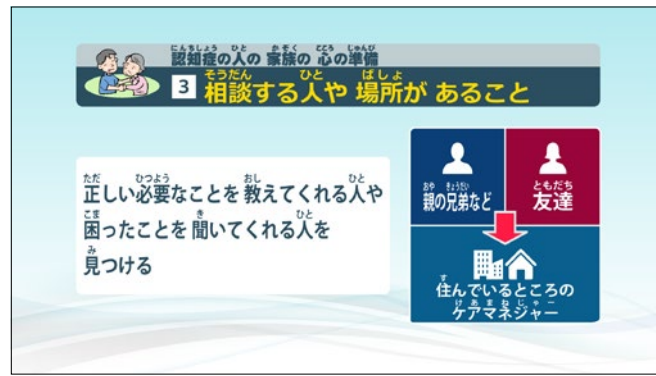
The first is that the caregiver needs to maintain good health.
 If family members get sick and need medical treatment, the whole family may collapse.



にんちしょう ひと かぞく こころ じゅんび 認知症の人の 家族の心の準備	Perspective of families with people with dementia
② 手伝ってくれる人を探すこと	2. Finding someone to help
にんちしょう けあ ひとり 認知症のケアは一人ではできません てっだ 手伝ってくれる人を探してください	It is important to find someone to help you, as you cannot perform dementia care alone
おや きょうだい [親の兄弟など] [友達] [近くに住んでいる人] [家に来て てっだ さーびす 手伝うサービス]	Relatives Friends Neighbors Visiting services

Narration

The second thing is to find someone to help.
 It is important to find someone to help you, as you cannot perform dementia care alone.
 It includes not only relatives, friends and neighbors, but also visiting services.

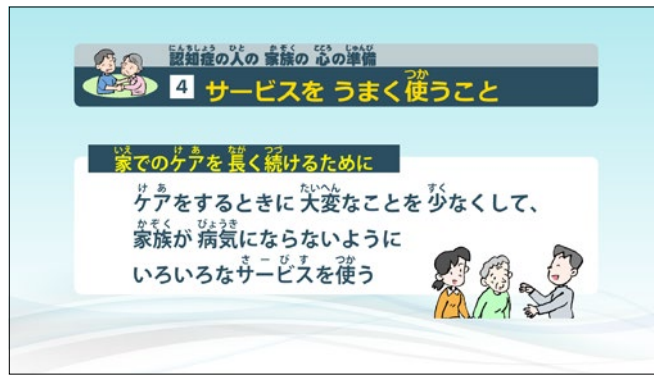


認知症の人の 家族の心の準備	Perspective of families with older people who have dementia
③ 相談する人や場所があること	3. There must be a person or place to consult
正しい必要なことを 教えてくれる人や 困ったことを 聞いて くれる人を見つける	Find someone who can give you the right information and listen to your complaints
[親の兄弟など][友達][住んでいるところの ケアマネジャー]	Relatives Friends Community Care Manager

Narration

Third, there are always people and places to consult. Community care managers are useful since they can provide correct information.

It's also important to find someone who will listen to your complaints.

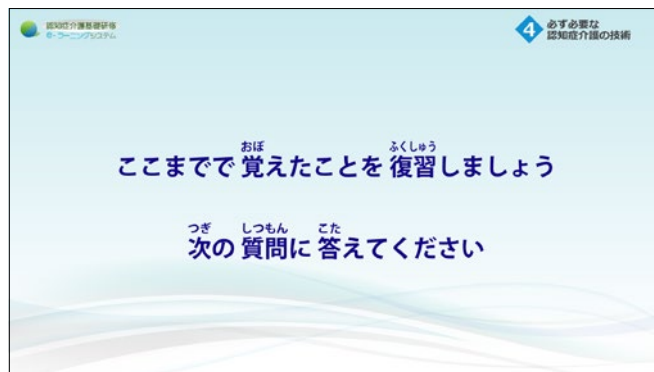


にんちしょう ひと かぞく こころ じゅんび 認知症の人の 家族の心の準備	Perspective of families with older people who have dementia
つか ④ サービスをうまく使うこと	4. Effective use of the service
いえ けあ なが つづ 家でのケアを長く続けるために	Tips for long-term care at home
けあ たいへん すく ケアをするときに 大変なことを 少なくして、 かぞく びょうき 家族が 病気になるように いろいろなサービスを使う	Reduce the burden of care and use various services while considering the health of the family caregivers

Narration

Fourth, use the services effectively.

Let's keep in mind that reducing the burden of care as much as possible and using various services while considering the health of the family caregivers is the key for long-term home care.



おぼ ふくしゅう ここまでで覚えたことを復習しましょう	Let's review what we have learned so far
つぎ しつもん こた 次の質問に答えてください	Answer the questions on the next page.

A	Adult Guardianship System	It is a law that assists, protects, and supports adults who have difficulty making decisions and managing their property.
B	Being identified as someone who required long-term care	It is a system that determines the level of care needed through surveys and meetings.
C	Care manager	A care manager is a professional who coordinates care and services and plans care for those who need it.
	Companion	It is a person who works with and supports people with dementia.
	Comprehensive Strategy to Accelerate Dementia Measures — Towards the Development of Dementia-friendly Communities	The Comprehensive Strategy to Accelerate Dementia Measures is a national policy for dementia decided by the Japanese government in 2015.
	Coordinators to support people with early-onset dementia	A specialist who provides consultation to people with dementia under 65 years old and their families.
D	Day Service	The facility is available for day use and provides nursing care and recreational activities.
	Dementia Café	Promoted by the New Orange Plan in 2015, it is a place where people with dementia, their families, and local residents can gather and interact.
	Dementia Community Renovation Facilitator Course	This course is designed to train leaders to create a town where people with dementia can live comfortably.
F	Framework for Promoting Dementia Care	Framework for Promoting Dementia Care is a national policy for dementia decided by the Japanese government in 2019.
G	Group home	It is one of the long-term care insurance services. It is a nursing home where people with dementia live together in small groups.
H	Handbook for Supporting People with Early-onset Dementia	A book to support people with dementia under the age of 65
L	Long-Term Care Insurance Act	It is an insurance system and a law for people who need nursing care that started in 2000.

P	Physical decline problem (Disuse Syndrome)	These are mental and physical illnesses that can easily occur if you live a life without moving much.
R	Residential day service	This is a day service where you can stay overnight.
S	Slow Shopping	This is an initiative for people with dementia that is being implemented in Iwate Prefecture. We are building stores and support systems where people can shop with peace of mind.
	Special nursing home for older people	This is a nursing home for those in need of care.
T	The Japan Dementia Public-Private Council	It is an organization created to bring national and local governments, private organizations, and people with dementia together to create a dementia barrier-free society in 2019.
	The New Orange Plan	The New Orange Plan is a national policy on dementia decided by the Japanese government in 2015.
	Tom Kitwood	Tom Kidwood is a British psychologist.
U	uso mo houben' (Lies are also inappropriate)	This is a Japanese proverb. It means, "Lies are not good. But there are times when it is better to tell a lie".
W	We, who have been diagnosed with dementia, declare our hope while living with dementia to everyone as follows	This is a declaration created by the Japan Dementia Working Group that summarizes the thoughts, hopes and requests of people with dementia.

発行元

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